

# Bavarian News

Vol. 5, Nr. 22

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

November 11, 2009

## GARMISCH REMEMBERING

The community bids farwell to FMWR field auditor William "Bill" Harwood Smith

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## SCHWEINFURT ABOVE ALL

Schweinfurt's Finney Recreation Center named best in Europe

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### Winter weather

The garrison is preparing for winter's arrival. MPs will monitor road conditions, and as a command, we will be making winter safety decisions.

Road conditions and weather forecasts are the basis for delaying the reporting time to work or school, implementing an early release, or closing the garrison. Visit our Web site at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil) to understand these important procedures.

Check AFN radio (98.5 FM or 1107 AM), the crawler on the command information channel, and our automated weather hotline DSN 475-7623 (CIV 09641-83-7623).

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# Leaders renew commitment

Story and photos by  
**JEREMY S. BUDDEMEIER**  
*Editor*

More than 150 Soldiers and family members filled the Grafenwoehr Field House, Oct. 28, to witness as four leaders rededicated themselves to their community by re-signing the Army Family Covenant.

"Our Army is the strength of our nation ... our families are the strength of our Army," said Brig. Gen. Steven Salazar, commander, Joint Multinational Training Center. "The Covenant is about a commitment ... to continue to ensure we have a community that is strong."

Salazar mentioned several improvements the Covenant, which was originally signed Oct. 8, 2007, has brought to the Grafenwoehr community in the past two years, including: \$70,000 worth of free, reduced and expanded monthly child care services; a 7.5 million euro Child Development / School Age Service Center; and the addition of several positions at Army Community Service.

In addition to Salazar, Command Sgts. Maj. Darieus ZaGara (JMTC) and William Berrios (U.S. Army Garrison Grafenwoehr) and Col. Nils Sorenson, commander, USAG Grafenwoehr, also renewed their commitment to the community.

Sorenson said the Covenant is important because it "binds leaders to the welfare of their community. The Covenant gives us

See COVENANT Page 24



Brig. Gen. Steven Salazar, commander, Joint Multinational Training Center, signs the Army Family Covenant at the Grafenwoehr Field House, Oct. 28. Salazar, along with (from left to right) JMTC Command Sgt. Maj. Darieus ZaGara, Col. Nils Sorenson, commander, USAG Grafenwoehr, and USAG Grafenwoehr Command Sgt. Maj. William Berrios, signed the Covenant as a symbol of their renewed commitment to caring for the Army's Soldiers and families.

# Reintegration begins

Story and photo by  
**AMY NEWCOMB**  
*Bavarian News*

Over the past several months, U.S. Army Garrison Grafenwoehr has welcomed home Soldiers from 18th Combat Sustainment Support Brigade and 172nd Infantry Brigade. Garrison leadership and agencies, as well as both brigades, have worked hard to ensure that nearly 1,000 returning Soldiers are being taken care of.

Redeploying Soldiers are required to complete reintegration training when they return to their home station. The purpose of the Initial Reintegration Training is to connect service members with service providers who can assist them in overcoming the challenges of reintegration.

Task Force Shield's Brigade Rear Detachment Commander Lt. Col. Eric Stetson was responsible for coordinating with USAG Grafenwoehr to provide command and control during the reintegration process for 172nd's returning Soldiers.

"I think it is important for Soldiers to spend some time focusing on their personal and professional matters immediately after a deployment to make sure they are ready and prepared for block leave and future training," Stetson said.

U.S. Army Europe policy states reintegration training will begin between one to two days after the Soldier has returned from deployment and will last seven consecu-



(From left) Edmund Becker and Guenter Messer check to ensure Staff Sgt. Patrick McFarland and Spc. Levi Mueller do not have expired or revoked licenses during 172nd Inf. Bde.'s first day of reintegration, Nov. 3.

tive days with the exceptions of Thanksgiving and Christmas.

To ensure the reintegration timeline is met, returning Soldiers are on a tight schedule, but one that will only take approximately four to five hours daily, allowing for family or personal time during the rest of their day.

Sgt. Maj. Steve Spillman, 2nd Battalion, 28th Infantry Regiment's Operations, returned from his sixth deployment, Oct. 12. Spillman returned with 172nd's advanced party to augment the rear detachment in receiving and reintegrating 172nd Infantry Brigade on its return from Iraq.

"Reintegration provides a one-stop shop for Soldiers with useful information, assistance and links to the community for assistance with any issues they may have," Spillman said.

Reintegration also gives Soldiers a chance to get back into the pace of family and community life after being deployed, where daily operations are stressfully and situationally different.

On the first day of reintegration Soldiers begin processing back into the community.

Transportation is available for single Soldiers who had personal

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# H1N1 vaccine set to arrive in Bavaria

by **JENNIFER WALSH**  
*BMEDDAC Public Affairs*

The Bavaria Medical Department Activity expects the first shipment of the H1N1 vaccines manufactured by Novartis to arrive in the Bavaria footprint the week of Nov. 9.

Capt. Joseph Woodring, chief of preventive medicine, said once the vaccines arrive, they will be distributed to the MEDDAC's seven outlying clinics in Bamberg, Grafenwoehr, Hohenfels, Illesheim, Katterbach, Schweinfurt and Vilseck.

"Once your local clinic receives the H1N1 vaccines, they will issue a message to the community that explains which shipment has arrived, who is eligible and when you should go in for your vaccine," Woodring said.

This information will be distributed through local garrison channels via email messages, local newsletters and Armed Forces Network radio and television.

The vaccines from Novartis, which are approved for anyone 4 years and older, are mandatory for all active duty personnel, but will also be made available for high-risk beneficiaries.

The priority list for the Novartis vaccine for uniformed service members is deployed or deploying Soldiers, followed by pregnant uniformed service members, uniformed health care providers and all other active duty personnel.

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## IN THIS EDITION

### New ride, just in time

Grafenwoehr family member has a new reason to love her commute

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### Before the Wall

Tension U.S.-Soviet relations at Checkpoint Charlie

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### Catch of the week

Corps of Engineers employee hits the jackpot in a training area pond

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## COMMANDER'S MESSAGE



# IPB marries resources, needs

Recently we conducted our second Installation Planning Board (IPB) with our community leaders. This forum continually incorporates installation capabilities with tenant requirements. It brings together our staff, our senior commander, Brig. Gen. Steven Salazar, and representatives from every tenant unit. This meeting was particularly significant because it was our general's first IPB, and he is instrumental in shaping the priorities, determining impact on readiness, and highlighting issues for elevation to Army leaders.

The IPB also incorporates programs and services and addresses everything from environmental issues to the commanding general's strategic communication campaign plan. This is a holistic process that evaluates the numerous impacts of every decision. And it all comes down to resources and funding — there is never enough, so we must have a general consensus for short and long-term projects.

Our Customer Management Services complements the IPB by advocating for community member issues. Our Interactive

Customer Evaluation (ICE) comments and feedback in surveys and in our numerous installation forums (including our Community Advisory Council) are captured by our Customer Management Services Officer. Because our installation planning issues all revolve around improving your quality of life, Customer Management Services are an important part of the IPB.

The IPB also kicked off another important initiative for the garrison, the Installation Strategic Sustainability Plan. The ISSP is a process that includes sustainability principles (that affect mission, community collaboration, environmental stewardship, economic impact and systems thinking) into everything we do. Again, we are getting perspectives from all stakeholders (tenant units, community agencies, garrison directors) and the workforce. Much of this is long-term planning, but it's also about creating partnerships for overlapping projects, and taking ownership of specific agendas.

Finally, we want to thank the entire community with our recent fall cleanup, and

with Thanksgiving around the corner, we are preparing our garrison for winter's arrival. Our MPs will monitor road conditions, and, as a command, we will be making winter safety decisions. Road conditions and weather forecasts are the basis for delaying the reporting time to work or school, implementing an early release, or closing the garrison. Please visit our Web site [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil) to understand the procedures.

We will keep our community informed through AFN radio (98.5 FM or 1107 AM), the crawler on the command information channel, and our automated weather hotline, DSN 475-7623 (commercial 09641-83-7623).

Know what to do, and please adhere to the delays, releases or closures so our folks can clear the roads and parking lots — making it safe for all of us.

Stay Army Family Strong!

*Col. Chris Sorenson  
Commander, U.S. Army  
Garrison Grafenwoehr*



## CSM CORNER



## Garrison celebrates AFC, veterans

As you may know, the Army Family Covenant was re-signed at U.S. Army Garrison Grafenwoehr. I am very proud of all the accomplishments we have been able to facilitate as a garrison because of the support of the AFC.

Here are a few of the ways that the AFC and the garrison have been keeping the promise recently:

- 13 million dollars were spent to open a new school-age services center and a youth center, providing nearly 500 new spaces for our children.
- We added four new Soldiers' barracks and renovated three more.
- Our support of the BOSS program resulted in the Army selecting us as first place for a special event, and runner-up for best



large installation.

- A new behavioral health clinic was opened.

- Unlimited hourly child care was offered during medical appointments for Warrior Transition Unit Soldiers.

- Exceptional Family Member Respite Care is now available for eligible family members, and we've provided more than \$70,000 in free, reduced, expanded monthly child care.

- We sent more than 2,000 Soldiers to outdoor activities in the largest Warrior Adventure Quest program in the Army, to date.

We should all be very happy with these successes. But our job is not done! We have many other

projects we are currently working on, including:

- Building a new 136-room hotel on East Camp.
- Developing Camp Heritage — Dick Haeuter Lake into a premier Outdoor Recreation destination to support the Warrior Adventure Quest program; while also providing easily accessible leisure and recreational opportunities for our Soldiers and families.

- Awarding \$500,000 to the Exceptional Family Member Program for construction of two 'Boundless Playgrounds'.

- Plus, upgrades for our Auto Craft Center, increased funding for sports and fitness programs, and much more.

All of these programs, facilities and services are what help make our garrison the best place to live, work, train and play and keep our

commitment to our Soldiers and family members.

In addition to recognizing the benefits we all enjoy from the AFC, today, Veterans Day, is a time we recognize the sacrifices and service of our veterans.

Young and old, those who fought and are fighting for our freedom on all corners of the earth, deserve our humble thanks.

While we celebrate Veterans Day today, every day is a good time to thank a veteran. Make an effort to do so.

*Command Sgt. Maj.  
William Berrios  
CSM, U.S. Army  
Garrison Grafenwoehr*

## Nov. 11 a day to remember others' sacrifices

by KATHY HENDERSON  
*Special to the Bavarian News*

On May 3, 1915, Canadian Lt. Col. John McCrae wrote:

*In Flanders fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.  
We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

At the time Lt. Col. McCrae put pen to paper, he was mourning the loss of a friend and comrade. The fields and cemeteries of Belgium were alive with the wild poppies that grow throughout Europe in the spring.

The Canadian Army doctor wrote to honor those with whom he had served, and though

he had not written the poem for publication, it was submitted by another officer to the British newspapers and was published Dec. 8, 1915, thereby bringing to light from firsthand account, the tragedies of conflict.

Though the end of World War I by the Treaty of Versailles occurred June 28, 1919, the fighting ceased on the 11th hour of the 11th day of the 11th month of 1918. This day was deemed Armistice Day. On June 1, 1954, the name of the day was changed to Veterans Day. It was changed to honor all those who not only lost their lives in service to their country, but to salute all, each man and woman who has served to defend our country's principles of freedom.

But times have changed in most astonishing ways; World War II came and added to our country's veteran rolls, then, the police action in Korea. The late 1950s and '60s brought us new challenges as a country and we entered the Vietnam War.

Our nation saw no overt military action in the '70s past the withdrawal of troops from Southeast Asia. In 1982, our forces were called into action in Lebanon, and on Oct. 25, 1983, U.S. Army Rangers jumped into Point Salinas Airfield on the island of Grenada from an altitude of 500 feet.

The waning years of the '80s took our

forces to Panama, and the 1990s began with the Persian Gulf War, the first of many military actions in that decade to swell the numbers of our veterans.

Our brave troops saw action in Somalia, Haiti and the former Yugoslavia; each operation became a test of warriors and the principles of freedom. The dawning of a new century came and with it new challenges as our country deployed its fighting forces on two fronts, Afghanistan and again in Iraq.

Each Soldier, Sailor, Airman and Marine has a story to tell, of the actions they have taken, the battles they have witnessed and participated in, and of the effects on them while serving our country.

Let each of us honor those who have served, for they have represented our nation as in generations past to defend not only freedom, but the right of each individual, no matter what ethnicity, nationality or religion, to self-determination.

*Editor's Note: Kathy Henderson is library technician for USAG Grafenwoehr Main Post Library. Her son, Zachary Henderson, has been deployed as an IT technician with AAFES since November 2004; her husband, retired Capt. Randy Henderson, is deployed to Kuwait as a liaison officer for U.S. Army Europe.*

# Vets talk

*When asked about their military service and the service of others, veterans gathered at U.S. Army Garrison Grafenwoehr's Retiree Appreciation Day had this to say:*



"I feel really good about being a veteran, especially on Retiree Appreciation Day, to see that the active duty people are being taken care of and to see hopefully that we are not forgotten."  
**Retired Air Force Master Sgt. Robert Jumper, Gulf War Veteran**



"When I look ... to what veterans and their families have today compared to what we had when we returned from combat, it's enormous."  
**Retired Army Veteran Donald Cannon, Vietnam War**



"I feel very proud to be a veteran. ... It is my privilege and responsibility to help our current veterans returning from Iraq and Afghanistan to be there to listen to them."  
**Retired Army Reserve Lt. Col. Jenny Roper, Gulf War**



"It's great being a veteran. I served my country and I'm proud of it."  
**Retired Army Veteran Roy Francis, Vietnam War**



"The service members today are making a great sacrifice and whatever we can do to help them out, it's worth it because what they are doing is very difficult."  
**Retired Army Lt. Col. Manuel Trevino, Gulf War, Kosovo, Operation Iraqi Freedom**



"We rely more on the Soldier than we ever have before. The Soldier that's coming in the service today overall has more education. Today, we have a new type of Soldier, for new type of work."  
**Retired Air Force Veteran Isaac Stewart, Korean and Vietnam War**

## Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

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# 172nd Infantry

# Brigade begins return



Photo by Amy Newcomb

Above: Staff Sgt. Calvin Williams, 3rd Battalion, 66th Armor Regiment, embraces his son Calvin, after returning from a yearlong deployment to Iraq, Nov. 1.

Right: Soldiers from the 172nd Infantry Brigade stand in formation during their redeployment ceremony, Nov. 5. Donald Cannon of VFW Tower Post 10692 (right), who did not receive a welcome when he returned from Vietnam, marched out with the Soldiers.



Photo by Molly Hayden



Photo by Molly Hayden

Above: Families wait patiently at the Grafenwoehr Physical Fitness Center, Nov. 5, for their Soldier to be released from formation after a 12-month deployment to Iraq.



Left: Lindsey Bauler embraces husband 1st Lt. Tim Bauler, 3rd Battalion, 66th Armor Regiment, Oct. 31, at the Grafenwoehr Physical Fitness Center.

Below: Second Battalion, 28th Infantry Regiment Command Sgt. Maj. Patrick Akuna hugs daughter Kiana and son, Patrick, while daughter Kimberlee looks on and wife Kimberly puts a Hawaiian lei around his neck, Nov. 1.

Photo by Pfc. Audrey Glynn



Photo by Amy Newcomb



Photos by Amy Newcomb

Left: Sgt. Theodore Yuhico (center), 23rd Ordnance Co., embraces his newborn daughter, Rain, while greeting children Logan and Katana and wife Lileme (right).

# 23rd Ordnance Co. returns

Soldiers from 23rd Ordnance Company, 18th Combat Sustainment Support Battalion, enter the U.S. Army Garrison Grafenwoehr Physical Fitness Center at their Welcome Home Ceremony in the early morning hours, Oct. 30. The unit deployed last October to Joint Base Balad, Iraq with 107 personnel. The company's main mission was Corp Storage, where the unit dealt with class 5 ammunitions. "They were working with approximately three tons of ammunition every day," Staff Sgt. Roderick Jackson, rear detachment platoon sergeant, said. The 23rd Ord. Co. also supplied other companies and battalions with ammunition in support of the Afghanistan, Iraq and Kuwait missions.



# Grafenwoehr family member wins Jeep

Story and photos by  
**Lt. Col. WAYNE MAROTTO**  
*AAFES-Europe Public Affairs*

The Army and Air Force Exchange New Car Sales announced Lindsey Bauler, of U.S. Army Garrison Grafenwoehr, as the grand prize winner of the Great American Patriot Sweepstakes, Oct. 24. Her prize was a 2009 Jeep Patriot.

"I never enter sweepstakes like this, but thought I would give it a shot," said Bauler. "It was just a spontaneous decision and (I) figured I'd never hear anything else about it."

Bauler was the fifth contestant of six whose key turned the Jeep's alarm system on starting a cacophony of noise, most emanating from the overjoyed Bauler.

"I was completely overwhelmed. It was one of the most exciting moments of my life," said Bauler. "I just wish my husband had been there to share it with me, but it was very exciting to tell him over the phone."

Bauler's husband, 1st Lt. Tim Bauler, is a member of Task Force 3rd Battalion, 66th Armor Regiment, 172nd Infantry Brigade, who is currently deployed at Forward Operating Base Caldwell, Iraq. He is scheduled to redeploy back to Germany within days.

The new car will come in handy for the young couple.

"My husband and I have one car that we shared before he deployed," said Bauler. "Driving him to physical training every morning was kind of a hassle, so we were thinking about buying a very cheap car once he got back."

Bauler is not only the spouse of a deployed Soldier but she is the president and a founding member of the Black Knights Foundation. The organization was created to support Soldiers of TF 3-66 AR.

"We've had several Soldiers go through Landstuhl (Regional Medical Center) for various injuries and wanted to support them by supporting the Wounded Warrior Center," said Bauler. She has organized a successful movie drive for the wounded warriors and plans to aid the center with donations of clothes, toiletries and other gear.

AAFES began the sweepstakes contest in late August and over 30,000 people entered the contest for the Jeep Patriot, which culminated on a stage in front of a crowd of hundreds.

"I would like to congratulate Lindsey," said Neil Elliott, general manager of AAFES Exchange New Car Sales, who provided the car for the sweepstakes. "I would like to thank AFN and AAFES for the incredible support in putting this promotion together."

AAFES also collaborated with organizations in the community to make



**Above: Family member Lindsey Bauler now drives this 2009 Jeep Patriot.**

**Right: Lindsey Bauler poses with her new 2009 Jeep Patriot after winning the Great American Patriot Giveaway Sweepstakes grand prize sponsored by Army and Air Force Exchange Services New Car Sales, Oct. 24.**



the sweepstakes a resounding success.

Bauler's husband bought a used 2008 year model car for her use prior to deployment so she would not have to worry about car troubles in his absence.

"It feels great to be able to repay him for that considerate gesture with a brand new car," said Bauler.

# New commander, CSM take reins of 18th CSSB

Story and photo by  
**JOY AWE**  
*Special to the Bavarian News*

Lt. Col. Reed Hudgins assumed command of the 18th Combat Sustainment Support Battalion from the unit's outgoing commander, Lt. Col. Christopher Roscoe, during a change of command ceremony at the Grafenwoehr Physical Fitness Center, Oct. 22.

This change of command ceremony held special significance for the 18th CSSB because in addition to a new commander, the unit simultaneously received a new command sergeant major when Command Sgt. Maj. Bryan Witzel replaced outgoing Command Sgt. Maj. Bryan Kroontje.

Col. Martin Pitts, commander, 16th Sustainment Brigade, presided over the ceremony.

After the passing the colors, Pitts thanked Roscoe and Kroontje for their hard work leading the battalion. Roscoe assumed command of the battalion in June 2007.

Two companies from the 18th CSSB returned last month from a 15-month deployment to Mosul and Tal



**(From left) Col. Martin Pitts, commander, 16th Sustainment Brigade, presides over the 18th Combat Sustainment Support Battalion's change of command ceremony, Oct. 22, as Lt. Col. Reed Hudgins and Command Sgt. Maj. Bryan Witzel (facing) assume command from the unit's outgoing leaders Lt. Col. Christopher Roscoe and Command Sgt. Maj. Bryan Kroontje.**

Afar, Iraq; of the 18th CSSB's 1,166 Soldiers, 419 are currently deployed. "Our command time, both at

Grafenwoehr and in Mosul, Iraq, has been an exceptional experience despite the chaotic pace," said Roscoe.

"One of my first tasks in command was to farewell the 41st Transportation Company for their third deployment to Iraq. Yesterday, one of my final tasks as commander was to once again farewell the 41st Transportation Company, this time to Afghanistan for their fourth deployment. With all companies on different deployment cycles, the battalion has always had a unit in the fight and at least one prepping to deploy or return," he said.

Hudgins' last assignment was at the Joint Forces Command's Joint Warfighting Center in Suffolk, Va., where he served as a joint observer-trainer. He is a 1990 graduate of the Virginia Military Institute and received a master's degree in Administration and Management from Webster University. Hudgins' wife Teri, who is currently activated with the 94th Division (Force Sustainment) in Fort Lee, Va., serves in the Division G8 (Resource Management). The couple also has an 11-year-old daughter, Fraser Lee.

Although new to command, Hudgins is no stranger to the 16th Sustainment Brigade.

"This is my second time being back

in the 16th Sustainment Brigade," said Hudgins. "I was the Brigade Support operations officer until two years ago, so for me it's like coming home again. I was gone for two years, but it doesn't seem like that long. It's like I was on extended leave. It's great to see that everyone has moved on and grown up and is moving forward together."

Command Sgt. Maj. Witzel is a 22-year Army veteran. He most recently served as G4 sergeant major at the U.S. Army Southern European Task Force in Vicenza, Italy. He holds an associate degree from American Public University School and is working toward a bachelor's degree in Homeland Security. He brings with him his wife Kathy and their eight children: Allen, Courtney, Tyler, Valerie, Kyle, Dylan, Karyn and Lisa.

After leaving the battalion, Roscoe will serve as the Supply and Services branch chief for the 21st Theater Support Command in Kaiserslautern, Germany. Kroontje will join the Joint Multinational Readiness Center in Hohenfels, Germany, where he will serve as the observer controller for Support Battalion command sergeants major.



*Photo by Angelica Medina*

# Power generation 101

**Gerhardt Braun demonstrates how to turn on a radiator, which activates a process that involves gas and water to produce heat, during a power plant tour, Oct. 29. In honor of October's Energy Conservation month, the Directorate of Public Works gave Grafenwoehr Elementary School fourth grade students a tour of the on post heating plant to gain an understanding of how buildings are heated with hot water generated from the plant. Students learned that the plant is fueled by gas brought through pipelines from Russia, which ignites burners to heat water, and then the hot water is pumped to buildings on post for heating and hot water use. The field trip educated students on heating processes, and made them more aware of energy saving practices they could use in their own homes.**

# Cheap tickets can be costly in end

by **BRAD HUESTIS**  
*Grafenwoehr Law Center*

"My unit just got orders and that means I can't fly back to Texas for Thanksgiving. Is there some way to get my money back?"

"What happens if there is no snow? Can I cancel last minute and get a refund on my ski trip?"

These types of questions are routinely asked, and with the current deployment-fueled optempo, there is certainly more pressure on military families to plan ahead and take full advantage of their travel and leisure time. Under these circumstances, there is also a greater likelihood that mission or force-protection issues beyond anyone's control may force a last minute change of plans. While it certainly makes perfect sense to plan ahead and book vacations well in advance, some thought must also go in to the "what if" scenario of short-notice cancellations.

When purchasing tickets through a travel agent, ask about last minute cancellations. If purchasing online, think carefully before buying nonrefundable tickets. While you will almost always pay less for nonrefundable or exchangeable tickets, consider the difference in price for refundable tickets as a form of insurance. If there is the possibility that you might not be able to travel on the dates you planned, it might be better to pay \$600 for a refundable ticket than \$500 for a nonrefundable one.

On the local economy, German companies routinely offer travel insurance and even cancellation insurance on concert tickets. Depending on cost, this might be a good deal; however, it may not be the "get out of jail for free" card it appears to be as the coverage normally applies only to medical emergencies. With that type of plan, to trigger the coverage the person cancelling might be required to provide a statement from a doctor. Unfortunately, U.S. Army claims offices cannot lawfully

pay claims for losses stemming from the cancellation of leave, trips, or tours due to mission or for force-protection reasons. The Military Claims Act, 10 United States Code 2733, covers losses caused by the negligent or wrongful acts or omissions of service members and civilian employees. The cancellation of leave, a trip, or a tour for mission or force-protection reasons is by definition neither negligent nor wrongful.

Further, commanders may lawfully order the cancellation of leave, a trip, or tour for mission or force-protection reasons. The Military Claims Act prohibits paying claims arising from a commander's exercise of discretion. While the cancellation of leave, a trip, or tour might arguably be considered a wrongful interference with a contractual right, payment of such claims is also barred under the Military Claims Act. As a result, Army Regulation 27-20, Claims, very plainly states in paragraph 11-6(c) that, "a claimant may not be compensated for the inability to use nonrefundable tickets."

If you are forced to cancel at the last minute, and have purchased nonrefundable tickets, do not be shy about asking the vendor for a refund. Your commander might be willing to provide a memo stating your cancellation was due to "the needs of the Army" or for "operational reasons." Under the right circumstances the travel agent, airline or hotel might give you a partial refund, or allow you to change your reservations. For help working through these issues, you may seek guidance at your local legal assistance office.

Contact the JMTC's legal assistance offices at the following numbers: Ansbach-Katterbach, 467-2103/CIV 09802-83-2103; Ansbach-Illesheim, 467-4576/CIV 09841-83-4576; Bamberg, 469-7609/CIV 09513-00-7609; Garmisch, 466-2401/CIV 09472-83-2401; Grafenwoehr, 475-7114/CIV 09641-838-7114; Hohenfels, 466-2401/CIV 09472-83-2401; Schweinfurt, 353-8511/CIV 0972-196 8511; and Vilseck, 476-2290/CIV 09662-83-2290.



**Huestis**



# Tensions run high before Berlin Wall

by **DAVE MELANCON**  
*U.S. Army Europe Public Affairs*

At a traffic intersection in downtown Berlin almost 50 years ago, tensions between the United States and the former Soviet Union nearly escalated to the point of war. The year 1961 began with a series of confrontations between the U.S. and USSR.

The U.S. severed diplomatic relations with Cuba, Jan. 3. In April, about 1,200 U.S.-sponsored anti-Castro exiles invaded Cuba at the Bay of Pigs. At the same time, the Soviets were considering signing a separate treaty to recognize East Germany as a sovereign state.

See the Nov. 25 edition of the Bavarian News for coverage on several local events celebrating the fall of the Berlin Wall.

In June, President John F. Kennedy met with Soviet Premier Nikita S. Khrushchev in Vienna. The meeting failed and tensions in Europe and the rest of the world continued to rise.

East Germany, calling itself the German Democratic Republic (Deutsche Demokratischen Republik or DDR), erected the Berlin Wall between East and West Berlin to halt flood of refugees, Aug. 13.

At the beginning of 1961, it was still possible to travel freely to West Berlin on the "U-Bahn" (subway) and "S-Bahn" (elevated) train systems, said Bruce Siemon, U.S. Army Europe's chief historian. Although it was illegal to leave the DDR without permission, young people, students, professionals, midlevel managers and



Courtesy photo

**Soldiers from the U.S. Army Berlin Command face off against police from the former East Germany during one of several standoffs at Checkpoint Charlie in 1961. On several occasions that year, a U.S. quick reaction force of tanks and infantry Soldiers stood watch as armed MPs escorted U.S. personnel into East Berlin.**

executives, white-collar and skilled factory workers poured over the border to the west, draining the east of the talent needed to rebuild after World War II.

Siemon, a former USAREUR enlisted Soldier who has been a Department of the Army civilian employee since 1955, said he remembers many of the events taking place in Europe in 1961.

"West Berlin was the gateway to freedom," the historian said. "It was still possible for an East German to go to East Berlin and hop on the subway and ride into West Berlin."

According to U.S. Army records, 10,000 East Germans fled to West Berlin in January, another 34,000 left in July, and 36,000 more during the first of half August. USAREUR refugee statistics

show a flow of about 3,000 easterners escaping to the west each week in May.

Siemon said he remembered attending an early August meeting with members of the USAREUR intelligence section to discuss the East German exodus. He recalls one analyst joking, "What are they going to do? Build a fence?"

In fact, two months earlier, Walter Ulbricht, General Secretary of the Central Committee of the Socialist Unity Party of Germany and Chairman of the Council of State of the German Democratic Republic from 1960–1973, tried to dispel rumors that East Germany was planning to build a barrier.

"There are people in West Germany who wish that we mobilize the building workers of the capital of the GDR, in order to put a wall up," the chairman said, responding to a reporter's question during June 15, 1961 press conference. "I do not know that such an intention exists, since the building workers in the capital concern themselves mainly with house building, and its workers are fully used. Nobody has the intention of establishing a wall."

But on Saturday night, Aug. 12, the light-hearted prophecy made by Siemon's colleague just days earlier became a fact that would stand for nearly 28 years.

At first, the Berlin Wall was just a fence separating East and West Berlin. Over time, all of West Berlin would be cut off from East Germany. The subway lines were severed, the city divided. The border crossings were sealed. The wall would grow in four generations -- from a simple fence to an 11-foot concrete wall bristling with motion detectors and infrared sensors backed up by minefields and antivehicle trenches.

"That was it. Everything was shut down," Siemon said, as he scanned through records of the

See STANDOFFS Page 24

## Grafenwoehr hosts annual Retiree Appreciation Day

More than 150 retirees from as far as 200 km. away get updates on pertinent issues

by **Retired Sgt. Maj. DAVE STEWART**  
*USAG Grafenwoehr Retiree Council*

Military retirees were honored at the garrison's annual Retiree Appreciation Day last month in Grafenwoehr. Nearly 150 retirees and annuitants took advantage of services to update records, fix finance discrepancies and collect important information required for settling estates.

Distance didn't deter these "old Soldiers" from attending. They came from as far as Brandenburg in the north to Austria and Garmisch in the south. The Berlin and Garmisch Retiree Councils chartered transportation to bring retirees from their communities.

Garrison Commander Nils "Chris" Sorenson paid special recognition to retired Lt. Col. Carlos Trevino, Garmisch Subcouncil president, for his efforts in organizing the new Bavarian council, which the commander quipped, "had been missing in formation." Three hundred fifty military retirees currently fall under the Garmisch umbrella, with more than 2,000 retirees in the garrison footprint.

Special stations attended to pertinent services retirees regularly request including legal consults; ID card processing; customs; Social Security; U.S. Consulate representation and for the first time this year, the opportunity to obtain a replacement DD Form 214,

that all important document required for filing death benefits.

The medical and dental clinics did a robust business updating immunizations, consulting on diabetes, hearing, optometry and other preventive care that is particularly associated with the geriatric population. Tricare received special attention since this is the priority benefit concerning retirees and their surviving spouses.

"There is a misconception we do not see retirees, while in fact we can examine and treat them on a space-available basis," said Lt. Col. Kendra Whyatt, commander of the health clinic. The dental clinic administered oral cancer screenings, and as many cleanings that it could squeeze in.

"We are very pleased to do what we can to help the retiree population beyond the constraints of providing care to our active duty patients and their family members," added Col. Theresa Gonzales, commander of the Bavarian DENTAC, who also rolled up her sleeves to assist Moyer and his staff on this special day for retirees.

In his welcome remarks, Sorenson appealed to retirees to volunteer their spare time to supporting agencies such as the APO mail room during the busy Christmas period, Army Community Service programs and Dependent Youth Activities. But he particularly appealed to retirees to support the deploying troops with visits to the Warrior Transition Unit.

"These troops like to talk to the old Soldiers that have gone before them," Sorenson said. "They want to hear about your experiences in battle and dealing with deployments and post deployment stress and related problems."

Retired Col. Robert Mentell, Army Europe Retiree Council president, gave a retiree issues update from the senior level. Mentell described ongoing initiatives being worked by the USAREUR, DA and OSD retiree councils and cited recent successes, including the approval by the VA for International Direct Deposit of annuities.

Mentell also cited issues that have been working for some time but are not yet resolved, including lifting or increasing the unpopular 16-ounce limit for APO/FPO mail; funding for a permanent full-service VA counselor in Europe; tying Tricare fee increases to retired pay increases rather than charging retirees with a whopping "catch-up" charge; and other postal initiatives being considered.

A special salute was made to retired Col. Steven Boylan who was presented the USAREUR Commander's Award for Public Service. Boylan recently retired after 12 years of service to the USAREUR Retiree Council. JMTC Commander Brig. Gen. Steven Salazar presented the award to Boylan.

"I was able to replace my DD Form 214 which is probably the most important document in a survivor folder and Tri-Care information frequently changes and it's important to stay on top of current events," said retired Air Force Chief Master Sergeant Mike Meckler, who made the 200-kilometer drive to Grafenwoehr from Eckersfelden in Southern Bavaria.

Organizers are reviewing the critiques to see how they can improve and looking forward to next year's event scheduled for October 2010. Retiree Appreciation Day events are now being held annually at all of the garrisons in USAREUR.

## Year of the NCO Spotlight

### Staff Sgt. Stanley E. Black

Age: 27

Current Unit: HHC, JMTC Grafenwoehr Army Airfield

Current Position: Airfield Noncommissioned Officer-in-Charge/Platoon Sergeant

Component: Active Army

Current Location: Grafenwoehr Army Airfield

Hometown: Pittsburgh, Penn.

Years of Service: 8

In eight years, Staff Sgt. Stanley Black, noncommissioned officer and platoon sergeant at the Grafenwoehr Army Air Field in Grafenwoehr, Germany, has climbed the ranks from private (E-2) to staff sergeant; won the U.S. Army Europe's 2008 Soldier of the Year competition; and in March, will trade in his chevrons for an Army officers stripes. Black will soon report to Fort Benning, Ga., to attend Officer Candidate School.

He's always smiling. He's focused, well-spoken, direct and to the point about his career progression.

"Like most privates, I really did not know much about the Army. I relied on the NCOs and the more seasoned Soldiers," said Black. "When I became a NCO, I knew I had the technical and tactical knowledge to lead Soldiers, to confidently say to the Soldiers, 'I will square you away.'"

He admitted his wife is his backbone. She takes care of their two young children and the finances, allowing him to focus on his career.

"Jennifer's support meant I could focus on the task at hand without worrying about the family or the finances," said Black.

After some reflection, Black said he's prepared to take on

the additional responsibility of being a commander of troops one day. He said being an NCO is good platform on which to begin his career as an officer.

I've tried to learn something from all of my leaders, and to a degree they have all impacted my career and leadership style, he said.

"My role models are many," Black said. "Sgt. 1st Class Bowser taught me to be meticulous and 1st Sgt. Truesdale inspired me to give my best. Retired First Sgt. Tindall taught me the importance of being empathetic, while 1st Sgt. Haynes showed me it's possible to 'chew' someone out, and simultaneously make them laugh, which allows you to be a firm and fair leader, while communicating you still care for their well-being."

Black said there is no greater reward than training a Soldier correctly and seeing him or her succeed personally and professionally.

"I think I will be in a better position to set an example and standard of excellence," said Black.

"I believe in leading from the front, and what better way to execute than as an officer."



www.army.mil/yearofthenco



# Garrison welcomes first HHC

*USAG Garmisch Public Affairs Press Release*

In October Garmisch welcomed Capt. Kyle Greenberg, Military Intelligence, who is scheduled to formally take command of the garrison’s newly created Headquarters and Headquarters Company in mid-December.

First Sgt. Alex Thompson, who was serving as first sergeant for HHC, 19th Sustainment Command (Expeditionary), out of Camp Henry, Korea, is scheduled to arrive in Germany in early December. Additional Soldiers are preparing to join the company over the next two months.

The HHC leaders will serve as the military extension to garrison manager Karin Santos, providing command and control of the military police, religious support and headquarters Soldiers.

The Garmisch HHC is charged with developing close ties to the garrison’s tenant organizations. Greenberg’s company will build up the personnel, training and supply systems necessary to support remote outpost that is more than 200 km. from its higher headquarters in Grafenwoehr.

This isn’t Greenberg’s first tour of duty in Germany.

“I arrived in Vilseck in October 2006 as part of the 2nd Stryker Cavalry Regiment,” said Greenberg, who deployed downrange shortly thereafter. “After deploying to Iraq as the regiment’s tactical unmanned aerial system platoon leader, I served as the aide-de-camp to Brig. Gen. David Hogg, the commanding general of the Joint Multinational Training Command in Grafenwoehr.”

Greenberg hasn’t waited for the arrival of the rest of his company, already assuming his official duties as company commander. Within his first few days in Garmisch he rapidly integrated into daily operations, staff calls, and participated in two garrisonwide meetings to address the H1N1 influenza outbreak after the first local cases were confirmed.



Left to right, Retired Command Sgt. Maj. John Burns, DPTMS; Capt. Kyle Greenberg, HHC commander; garrison manager Karin Santos; Capt. Scott Woida, provost marshal; and MP Spec. Lee Cooley on Sheridan Kaserne with the Zugspitze towering in the background. Since his arrival Greenberg has immersed himself in his new duties as company commander.

*Photo by John Reese*

## Exercise flexes H1N1 strategy

by JOHN REESE  
*USAG Garmisch Public Affairs*

To prepare for the possibility of a local outbreak of H1N1 influenza, U.S. Army Garrison Garmisch and tenant unit stakeholders conducted a comprehensive table top exercise on Artillery Kaserne, Oct. 29.

The meeting was chaired by Lt. Col. Bruce Griggs, chief of student liaison operations at the George C. Marshall Center, to come up with a unified strategy in case of a serious outbreak affecting the garrison community. GCMC personnel had already developed a detailed action plan of their own in August, and then shared it with the community in a preliminary meeting after the garrison reported its first confirmed H1N1 cases. The goal of the second meeting was to meld different plans into one.

Garmisch, a tourist town, hosts thousands of visitors annually. The three major tenant units of the garrison include the NATO School and the GCMC, both hosting classes for hundreds of international students, and Edelweiss Lodge and Resort.

“It is important to differentiate between essential and nonessential services,” said Marine Col. Donald Liles, GCMC, in a discussion about thresholds for closure of services and how to carry on with the various missions of the garrison and tenant units should an outbreak become severe enough to cut staff beyond the ability to maintain operations.

Individuals taking the responsibility to stay apart from co-workers if flu-like symptoms flare up is an important factor, said Griggs. He described how Capt. Joseph Woodring, the chief of preventative medicine for the Bavarian Medical Command, had just briefed him on his own recovery from H1N1. He had stayed away from work until the virus finished running its course.

“Social isolation is the way of doing things,” said Griggs. “He stayed at home, took hot baths and drank plenty of fluids.”

(Woodring’s advice and personal experience with H1N1 were detailed in a front-page story of the Oct. 28 edition of the Bavarian News.)

Social distancing might also include family members. For example, if one member of a family develops symptoms, it may be necessary for the entire family to ride out that member’s flu at home rather than risk sharing the virus.

“The best way is to be proactive,” said Griggs.

For personnel who live off post, the local medical authorities request that those with flu-like symptoms avoid visiting their doctors. Instead, report it to receive a house call. The same rule applies to those living on post, said Richie Reeder, Directorate of Emergency Services, who is responsible for compiling data about suspected and confirmed cases within the garrison footprint.

“If you live on post, please call the military police to coordinate a doctor’s visit,” said Reeder. “You can call the MPs first and they’ll make the arrangements.”

The meeting took place as seasonal flu shots were being administered by a visiting medical team from Vilseck.

The seasonal virus inoculation comes from a killed culture, meaning that everyone who received a dose won’t have to wait to take an H1N1 flu shot when it becomes available.

The Garmisch military community will be advised when the Vilseck medical team will return to administer the H1N1 inoculation.

## Beloved member of community memorialized

Following the sudden passing of FMWR field auditor William “Bill” Harwood Smith, his supervisor and longtime friend James Braeckel joins Staff Sgt. Darryl Duverglas in planting a plum tree at the Garmisch Community Chapel on Sheridan



Smith

Kaserne immediately after a memorial, Oct. 30. Smith, 65, was a beloved member of the garrison family known for his volunteerism. A Vietnam veteran, former NCO, and honored as the “oldest Marine” at the last Garmisch U.S. Marine Corps birthday celebration, Smith touched many lives in the garrison with his kindness.

*Photo by John Reese*



## AROUND THE ALPS



*Photos by John Reese*

With the leaves raining down even as he tries to corral the fallen, Georg Jettenberger of USAG Garmisch Directorate of Public Works Roads and Grounds staff takes part in the annual garrison cleanup during the last week of October.



Young German baseball players visiting Garmisch from Fuessen, Oct. 24, weren’t sure what to make of chili but were willing to try it; they enjoyed it with their American counterparts until two big pots were gone following the last game of the fall youth baseball season. The two teams spent the morning together with the common language of baseball, and Fuessen took home the win.



# Leaders re-sign Covenant at Hohenfels

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

Senior leaders from the Joint National Training Command, Joint Multinational Readiness Center and U.S. Army Garrison Hohenfels renewed the Army’s commitment to taking care of Soldiers and families when they re-signed the Army Family Covenant at the USAG Hohenfels Community Activities Center, Oct. 27.

First signed in 2007 by the Secretary, Chief of Staff and Sgt. Maj. of the Army, the document recognizes the sacrifices of Army families and serves as the Army’s promise to support them through programs focused on housing, health care, child care, education and more.

Before re-signing the document, Brig. Gen. Steven Salazar, JMTC commander, spoke to community members about the Covenant’s importance.

“Our Army is the strength of our nation, and our families are the strength of each and every one of us. Without our families we can’t serve and we can’t fight. The covenant is about...the pact we make as a team,” said Salazar.

To honor its part in that pact, the Army committed \$1.4 billion to improve the quality of life for Army families in fiscal year 2008 and a similar level of budget for the next five years.

At Hohenfels, the Covenant has meant improved infrastructure, increased child care opportunities for families of deployed Soldiers and an expanded support system for all members of the military family.

In the past year, families at Hohenfels have received immediate financial benefits from the Covenant in the form of more than \$10,000 worth of free child care; 1,000 free Child, Youth and School Services registration passes for a savings of more than \$18,000; and 29 special child care openings at the Child Development Center and School Age Services that have provided care for more than 700 children.

Those savings come from new policies that provide more free and reduced-fee care for children of deployed Soldiers and Warrior Transition Unit Soldiers. For example, children of deployed Soldiers receive 16 hours of free care per month, starting 30 days before a deployment and ending 60 days after the Soldier’s redeployment. Beyond those 16 hours, care is just \$2 per hour. Children with deployed parents also receive up to four free programs through the School of Knowledge, Inspiration, Exploration and Skills, and two free CYSS



(From left) Command Sgt. Maj. Brenda Kadet, U.S. Army Garrison Hohenfels command sergeant major; Lt. Col. Kevin Quarles, USAG Hohenfels commander; Command Sgt. Maj. Darieus Zagara, Joint Multinational Training Command command sergeant major; and Brig. Gen. Steven Salazar, JMTC commander, re-sign the Army Family Covenant at Hohenfels to signify their continuing support of Soldiers and families.

sports. Parents even receive free child care during Family Readiness Group meetings and mandatory deployment meetings.

Stacye Downing, USAG Hohenfels Family and Morale, Welfare and Recreation director, said the Covenant’s success is perhaps best observed by noting the number of parents that now choose to remain in Europe when their spouse deploys, a number she says has increased since the Covenant was first signed.

“The Army Family Covenant is a contract we’ve signed to assist the families of those deployed,” said Downing. “A military spouse used to rely solely on other military spouses. Now the trend is for the Army as a whole to help take care of families. We’ve really expanded our outreach efforts.”

In addition to increasing child care, the Army has funded programs at Hohenfels such as Coping with Deployments, Battlemind Training for Spouses and Reintegration Training for family members. Most of the classes funded by the AFC are offered through Army Community Service that, since the creation of the AFC, has

added eight new full-time positions including an outreach coordinator and Family Advocacy Program specialist.

Those without children that haven’t been to ACS lately have still seen the Covenant’s impact throughout post.

The Army’s commitment to improving Soldier and family quality of life has funded numerous construction projects, including a \$2.8 million upgrade to the physical fitness center that lead to an increase of over 3,800 square feet and new state-of-the art weight and cardio equipment; a \$180,000 investment in the newly opened Kid’s Play Zone; a \$280,000 upgrade to the SAS playground that added all new playground equipment, a new safe play surface and outdoor covered rest area; an almost \$1 million renovation project for the teen center that expanded the space by over 3,100 square feet, added new activity rooms, a new security system and all new furniture; and the development of Hohenfels’ first Warrior Adventure Quest program featuring fully certified instructors to guide 24 all-terrain vehicles through more than

15 kilometers of off-road trails.

And the improvements are not over. Coming in December, a joint Garrison and AAFES project to consolidate AAFES services in a mini-mall concept in renovated Building 9 will include a Bookmark (currently located inside the Post Exchange), Pxtra, car rental, dry cleaning, military clothing sales and a drive-through ATM.

Salazar said highlighting these accomplishments while remaining committed to the future was exactly why he and other leaders gathered at Hohenfels to re-sign the Covenant.

“This is not just about where we’re at, it’s about where we want to go,” said Salazar. “I see this as part birthday party and part commencement — birthday party to acknowledge that we started this is 2007 and it is now 2009 and we’re proud of the things we’ve done before, but a commencement in that we’re graduating from all of that and now moving forward in creating a new vision and we’re figuring out together how we get to that vision.”

## Java Café opens to offer comfort, coffee to community

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

Coffee lovers at U.S. Army Garrison Hohenfels have a new place to get their daily jolt after the Java Café officially opened its doors, Oct. 27.

Immediately after they re-signed the Army Family Covenant to demonstrate the Army’s commitment to Soldiers and families, Brig. Gen. Steven Salazar, Joint Multinational Training Command commander, and Lt. Col. Kevin Quarles, USAG Hohenfels commander, along with Stacye Downing, Hohenfels Family and Morale, Welfare and Recreation director, cut the ribbon to officially open the facility.

An FMWR branded restaurant, Java Café features the “We Proudly Brew Starbucks Coffee” program with Starbuck’s coffee, syrups, equipment,

paper products and merchandise.

Pastries, bagels, juice and sandwiches are also available, as is wireless Internet access.

Downing said the facility, located inside the CAC with easy access to the Kids Play Zone, was designed to appeal to all members of the Hohenfels community: Hohenfels Soldiers, Soldiers on temporary duty, civilians, spouses and teens.

“We’ve brought American café standards to Germany,” said Downing, adding that the facility will also be made available after-hours for meetings of community organizations.

Before signing the AFC, Salazar spoke to community members about what the Covenant has meant at Hohenfels, using the Java Café as an example of the Army’s commitment to taking care of its own.

“We have a tremendous team here that demonstrates every day how much they

care,” said Salazar. “Look at the Java Café over here. Someone had a vision one day and said, ‘How about a café kind of like Starbucks?’ and well there you go. Someone put some hard work into it and demonstrated they care and now we’ve got Soldiers and families enjoying a great Java Café.”

Customers can enjoy the new facility Monday through Friday from 6:30 a.m. to 6 p.m. and on the weekend from 11:30 a.m. to 5 p.m.

For more information about reserving the café for a private meeting, contact Angela Hamilton, Java Café business manager, at DSN 466-2670.



**In addition to coffee, bagels, pastries and sandwiches, the new Java Café in the Community Activities Center features wireless Internet access.**

### COMMENTARY

## Chaplain wishes chaplain assistants a happy 100th birthday

by Chaplain (Capt.) DONALD SMITH  
*USAG Hohenfels*

The chaplain assistant, the right arm of the chaplain, was established as a Military Occupational Specialty Dec. 28, 1909, and since then many chaplains’ lives have been saved on the battlefield by the bravery and heroic actions of their chaplain assistant.

Often putting the needs of their chaplain and the units above their own, the chaplain assistant models the Army value of selfless service every day. Many Soldiers have found help and hope by talking to their peer, the chaplain assistant, when they might otherwise have felt uncomfortable speaking to an officer regarding a difficult time in their lives.

Understanding the vital role the chaplain assistant plays in the Unit Ministry Team is vital

to unit morale and success in accomplishing the mission. They provide security for the UMT in hostile environments. They coordinate many of the operations of the UMT such as security, travel plans, service locations and logistics. They help monitor unit morale and provide information to the chaplain. They assist the chaplain in the preparation of religious services in the chapel or out in the field, as well as many other important missions that take care of Soldiers and families.

One of my former chaplain assistants was a professional comedian before joining the Army and was a very gifted public speaker. Soldiers love to joke, so I would often times empower him to conduct the training briefs. Soldiers loved how he combined his humor with the training material. Another former chaplain assistant of mine had formal Jewish seminary

training and was utilized as a lay leader to provide religious support to Jewish personnel while we were deployed to Iraq. Both of these Soldiers provided unique and vital services to both me and the unit.

Chaplain assistants are also tasked with the protection of the chaplain.

While being deployed in a hostile area, my chaplain assistant and I were hit with mortars and rockets. He immediately responded by getting us safely to the bunker. His quick response and selfless service kept our UMT safe to be able to continue to provide religious support for our Soldiers. His response, looking out for my safety and security, solidified for me the value of the essential chaplain assistant.

My current chaplain assistants are vital in assisting me with planning and conducting off-site retreats for single and married Soldiers.

These retreats are vital in helping Soldiers and military families remain strong during this time of frequent deployments and geographical separation.

Chaplain assistants often give me creative ideas to put together valuable programs that support Soldiers and families.

All of us in the Chaplain Corps are incomplete without our chaplain assistants. I want to wish my current chaplain assistants, those I have had the privilege of serving with in the past, and those that I look forward to serving with in the future, a happy birthday.

Finally, on behalf of my colleagues in the U.S. Army Chaplain Corp, I wish to send a deep heartfelt thank you to all of our chaplain assistants for their commitment and selfless service each and every day in helping take care of Soldiers and families.



# Community makes a difference in Zabul

Story and photo by  
**KRISTIN BRADLEY**  
*Bavarian News*

For the second-ever Make a Difference Day service project at U.S. Army Garrison Hohenfels, community members donated their time to help people miles away by focusing on a cause that hits very close to home.

After gathering donations for weeks, volunteers of all ages spent part of their Saturday, Oct. 24, at Army Community Service packing boxes filled with toiletries, hardware supplies and sports equipment to send to men, women and children in Afghanistan. Soldiers from 1st Battalion, 4th Infantry Regiment, a Hohenfels-based unit that has had Soldiers continuously deployed to Afghanistan since 2006, will distribute the supplies to the people of Zabul Province.

“The definition of Make a Difference Day is to do something good for other people and what better good can you do in this community than send (donated supplies) to help people where our guys are. The hope is to help them (the Soldiers) leave the community they’re doing operations in a little bit better than when they got there,” said Becky Genge, acting Financial Readiness Program manager at Army Community Service, the agency that sponsored the event.

“And it’s the Soldiers that will be handing them out, so hopefully it will be something positive for them too,” added Priscilla Fleischer, ACS Family Advocacy Program manager.

Make a Difference Day, Sponsored by USA Today’s USA Weekend Magazine, is a national day of volunteering occurring every fourth Saturday in October that each year inspires millions of people throughout the United States to spend time improving their communities.

Lisa Simmons, an ACS volunteer in charge of



**(From left) Andy Kirschenbauer, Sgt. Manuel Baeza and Karl Scharl inventory some last-minute donations of hardware and sports items before packing them into boxes. For Make a Difference Day, Oct. 24, Hohenfels community members prepared aid packages to be distributed by 1st Battalion, 4th Infantry Regiment Soldiers to people in Afghanistan.**

coordinating Hohenfels’ project, said this year the planning committee wanted to branch out and help people outside the Hohenfels area.

“This was a way to incorporate the whole community and a way to make a difference in the world, not just Hohenfels,” said Simmons.

The day truly was a community effort. Items collected from community members were supplemented by numerous community

organizations. The Theta Theta Lambda chapter of Alpha Phi Alpha Fraternity, Inc. donated additional sports items. The Hohenfels Girl Scouts donated supplies children used to make craft projects for their Afghan counterparts. Hohenfels Cub Scouts donated supplies to make first aid kits. Hohenfels Community and Spouses Club paid all shipping costs as the supplies are considered humanitarian aid and therefore cannot

be shipped through the Military Postal Service. The Hohenfels Commissary donated lunch for the many volunteers who assembled kits and packed boxes.

When the day was over, representatives from organizations such as 1st Battalion, 4th Infantry Regiment, the Joint Multinational Readiness Center, the Teen Center, the Chapel, Kontakt Club and countless other community members had packed more than 1,000 items, including first aid kits and approximately 120 toiletry kits — 60 for adults and 60 for children—into 15 large mailing boxes.

“What you all did today truly is going to make the lives better of people in the area where Apache (1-4 Infantry’s Team Apache) is in Zabul Province,” said Lt. Col. Kevin Quarles, USAG Hohenfels commander.

Sgt. Manuel Baeza, a 1-4 Inf. Soldier who participated in the project, said he has seen firsthand how such efforts can help build relationships between the military and the local population.

“I was in Iraq twice and we did this kind of thing ... I really enjoyed when we had care packages and giving out soccer balls and all that. When they see things that the grunts can give them, it puts a smile on their faces ... it builds the rapport between the unit and people. Yeah, you’re there trying to build their infrastructure and all that, but when they see the little things like this they know you’re there to make their lives better,” said Baeza.

Karl Scharl, a volunteer from the Kontakt club, said attending Make a Difference Day was a no-brainer.

“There’s no reason not to; everyone needs help sometimes,” said Scharl. “This way we get to help people from another country (and spread) good will.”

# Recruitment Program connects people, jobs

by **KRISTIN BRADLEY**  
*Bavarian News*

When Wanda Watson-Mays, Affirmative Employment and Special Emphasis Program manager for U.S. Army, Europe, spoke at U.S. Army Garrison Hohenfels about the challenges people with disabilities face when looking for employment, she didn’t come with just a message — she came with a solution.

Mays, guest speaker at an Oct. 28 program sponsored by USAG Hohenfels Equal Employment Opportunity in honor of National Disability Employment Awareness Month, spoke to program managers from across the garrison about the Workforce Recruitment Program.

A Department of Labor funded program that connects employers and postsecondary students with disabilities, the WRP has employed more than 5,000 students since 1995.

“There are 54 million people (in the United States) with disabilities, and that is an untapped pipeline,” said Mays as she explained the program and how managers at Hohenfels can get involved by hiring a student through the WRP.

Each year recruiters visit college and university campuses across the United States interviewing students interested in the program. Applicants’ resumes and interview results are published in a database that employers can search for a suitable candidate.

Mays said that often people with disabilities are unable to find employment, not because they are unwilling or unable to do the job, but because employers are unsure about how to accommodate them.

“In the database this year we had three students who each have two Ph.D.s and a law degree and they had never worked a job — not because they didn’t want to, but because no one would hire them. Two were in wheel chairs. If you see it on paper anyone would want to hire these folks, but once people see them and they’re in a wheel chair, it makes a difference,” said Mays. “Can you imagine the knowledge these students have and what they can bring to the workplace?”

Mays spoke about using the WRP as a way to bring in short-term employees to work on special projects.

“How many of you have something you want to do that would enhance your jobs, but you don’t have the bodies or the budget?” Mays asked, to which every person in the room raised their hand.

The program helps students get their foot in the door with the possible added benefit of working in a unique location such as Europe.

The Department of the Army was allowed 68 WRP hires this year, nine of which worked in Europe and four in Asia.

Annie Chambers, a recent graduate

from the College of Charleston, worked in the USAG Hohenfels Public Affairs Office on special projects Troy Darr, public affairs officer, said he wanted to complete but simply hadn’t had time for.

“We have some of the best and brightest that we pulled out of the WRP database,” said Mays.

Chambers said she would encourage any eligible student or recent graduate to participate in the program.

To be eligible, students must be current, full-time undergraduate or graduate students with a disability, or have graduated within one year of the release of the database each March. They must be enrolled in a school accredited by one of the eight Regional Institutional Accrediting Agencies recognized by the US Department of Education. WRP recruiters work through points of contact within a school’s disability services program, not with individual students, so students should encourage their school to participate in the program.

If managers within the Department of the Army are interested in hiring a student or recent graduate through the WRP, they should contact their local Equal Employment Program manager for assistance.

Students, schools and employers can each find more information at <https://wrp.gov>.

October is  
**National Disability  
Employment  
Awareness Month**

**Expectation + Opportunity =  
FULL PARTICIPATION**

U.S. DEPARTMENT OF LABOR  
Hilda L. Solis, Secretary of Labor  
OFFICE OF DISABILITY EMPLOYMENT POLICY

**The Army’s Workforce Recruitment Program aims to help those with dissabilities gain employment.**



## Halloween fun

The Zone was invaded by ghouls, goblins and pretty pretty princesses, Oct. 30, when the Hohenfels Library and Better Opportunities for Single Soldiers hosted Monster Fest, a Halloween party for the community.

Children enjoyed face painting, games, treats, door prizes and even a dance lesson featuring the moves from Michael Jackson’s “Thriller.”

Photos by Spc. Mia Parker



# What’s Happening

## Grafenwoehr/ Vilseck Briefs

### Gate 1 closure

Effective today, East Camp Gate 1 will be closed to all vehicle traffic (in-bound and outbound) for approximately three weeks. Work at the gate will not affect pedestrian entrance or exit. Drivers should use other East Camp gates (Gates 3, 9, 6 and 20) during this time. Work on Gate 1 will be finished no later than the end of November.

### Parent-Teacher conferences

Parents are invited to attend the Vilseck High School Parent-Teacher Conference, Nov. 13, from 8 a.m.- 3 p.m., at VHS. Parents are encouraged to come and stop by their students’ teachers at any-time. No appointments are necessary.

### AFN Radio updates

AFN Bavaria knows how important it is to have inclement weather information as soon as possible about road conditions and school delays or closures. Starting Nov. 1, AFN Bavaria The Eagle Morning Show begins at 5:00 a.m., instead of at 6. If there’s inclement weather information, it will be announced it throughout the day. As of 3 November, AFN Bavaria The Eagle has moved to FM 98.5 in Grafenwoehr and Vilseck. For more, visit [www.bavaria.afneurope.net](http://www.bavaria.afneurope.net).

### Singles Bible study

South Camp (Vilseck) Singles Bible Study takes place every Wednesday from 6:30pm to 8:00pm, beginning today, located in Bldg. 301 in the Burger King parking lot across from the movie theater. It is sponsored by the Vilseck Protestant Chapel. Contact Brian Kleager at [brian.kleager@cadence.org](mailto:brian.kleager@cadence.org) or 0151-5467-8686 for more.

### Korean worship service

A worship service will be provided in Korean (Han-gul) for the community Nov. 15 at 1 p.m. at the Vilseck Chapel, Bldg. 219. Free childcare and fellowship provided. For more, call DSN 475-6583 or CIV 09641-83-6583.

### Now hiring

The USAG Grafewohr Chapel Community has immediate opening for several contracts to include music and

secretarial services. Contact the Chaplain Resource Manager at 475-6583 for details.

### Estate claim

Anyone having claims on or obligations to the estate of Spc. Christopher M. Cooper of B Co., TF 2-28, 172nd Inf. Bde., should contact the court martial officer 2nd Lt. Erick Blackham, at DSN 475-9262, CIV 09641-83-9262 or e-mail [Erick.blackham@us.army.mil](mailto:Erick.blackham@us.army.mil).

### Command info survey

How do you get information on garrison events, programs and activities? Completing this short 6-question survey will give us valuable insight on how we can improve information delivery to you. The survey is available at [www.grafenwoehr.army.mil](http://www.grafenwoehr.army.mil).

### Antique Hunt Club

The Vilseck Community and Spouses Club’s “Antique Hunt Club” heads to a variety of destinations each month to find great European antique treasures. The club meets the first Tuesday of each month and car pool from the Vilseck Commissary at 9 a.m. and return by 3 p.m. For more, call CIV 0173-4531837.

### AL-ANON

AL-ANON meets every Thursday at 7 p.m. at Counseling Center (downstairs), Building 206 (near CDS) in Grafenwoehr. For more, call CIV 0171-983-9151.

### VFW open house

The Grafenwoehr VFW offers a weekly open house every Wednesday at 5 p.m. Business meetings are held on the second Tuesday of each month at 6 p.m. For more, call CIV 0160-91423858 or CIV 0151-58824074

### Craft shop events

For information on craft classes, call DSN 475-6101, CIV 09641-83-6101. Framing Classes are held the second Wednesday each month from 6-9 p.m. and the fourth Saturday of the month 9 a.m. to noon. Cost: \$35 plus supplies.

### Zen meditation for everyone

Zen Meditation will take place at the Grafenwoehr Chapel annex every Monday at 5 p.m. All are welcome regardless of religious affiliation. Wear loose, comfortable clothing and arrive a few minutes early if coming for the first time. Chairs and cushions for meditation are provided. For more, contact Jody Dungay at [jdungay@hotmail.com](mailto:jdungay@hotmail.com).

### Christmas tree lighting

This year’s tree lighting ceremony will take place at Grafenwoehr East Camp on Dec. 1 at 5 p.m. The Vilseck South Camp tree lighting will be on Dec. 2 at 5 p.m. Pleant to attend these exciting events. Santa Claus and Saint Nicklaus will be present at both ceremonies handing out bags of goodies to children. Gluwien, hot chocolate and kinder punch will also be available at no cost to the public. East Camp Gate 1 will be opened to pedestrian traffic (to include local nationals).

## Garmisch Briefs

### FMWR November trips

■ Nov. 13-15 - Weekend Tour to Venice View great art and architecture, the pigeons in St. Mark’s Square, gondolas etc. - and good places to eat! Also we tour Verona, the Romeo and Juliet city with the great Roman Arena – and a wonderful restaurant. Cost is \$290. Plan to bring about Euros 120-140 to cover museum entrances, food, public transportation, some souvenirs, etc. ■ Nov. 19 - Brewery of the Month Club – Erdinger Weissbier Each month we will visit a different brewery, specifically chosen for its unique character, location, history, or seasonal specialty. In our inaugural trip we will explore the history of the Bavarian specialty Weissbier at the oldest dedicated Weissbier brewery in Germany, the world famous Erdinger. Program includes a guided tour of the brewery followed by a snack, sampling session and free group photo. Cost is \$39. Sign up by Nov. 13. ■ Nov. 25-29 - Paris Tour of some of Paris’ essential but less accessible sites; such as Notre Dame, Sainte-Chapelle, Napoleon’s Tomb, the Rodin Museum, and with luck the Monet Water Lilies. You have one day to explore the Louvre or the Musée d’Orsay as well as the thousands of other sites like the Eiffel Tower. Cost is \$465. ■ Nov. 27 - Rothenburg Christmas Market Join us for a one-day trip to the Christmas Market in the walled city of Rothenburg. For more info on any of these FMWR trips, contact the Garmisch Outdoor Recreation Alpine Experts at DSN 440-2638, CIV 08821-750-2638.

## Hohenfels Briefs

### AWAG area conference

The AWAG Conference will be Nov. 14 from 8 a.m. to 4 p.m. in Hohenfels. The conference is \$25 and includes activities to enhance your volunteering skills, a variety of fun and interesting workshops and a light breakfast and lunch. The deadline to register has been extended to Nov. 11. AWAG is also seeking Conference Assistants for the event. For more, e-mail [slshollis@hotmail.com](mailto:slshollis@hotmail.com) or call 09493 951790 or visit the Hohenfels Community and Spouse’s Club newsletter and at [AWAGonline.org](http://AWAGonline.org) for applications.

### Marathon First Wave run

Hohenfels’ traditional Turkey Trot 5K Fun Run will be replaced by a 5K Philadelphia Marathon First Wave Run with special guest Robi Powers, America’s Voice of Running, and host of this year’s Philadelphia Marathon Nov. 17. Registration for the event is from 6-7 a.m. or you may pre-register at the Post Gym, Bldg. 88. The race begins at 7:15 a.m. Awards will be given to the top two finishers in each category, largest participating unit, and a free T-shirt will go to the first 100 registered runners. For more, call Hohenfels Sports and Fitness at DSN 466-2883. Powers is also looking for some natives of Philadelphia to give him a hand with the event. Natives of Philadelphia should contact Brian Witty at DSN 466-2060.

### Native American heritage

The Hohenfels Community is invited to the Native American Heritage celebra-

tion at the Sportplatz Nov. 18 from 11:30 a.m. to 3 p.m. Participants will enjoy food sampling and cultural displays including singing, dancing, drumming and storytelling. For inclement weather the celebration will be held at the Post Gym.

### Little Trooper playgroup

An interactive and educational playgroup designed to teach parents developmentally appropriate play and help children improve social, cognitive and motor skills. Open to all children from newborn through 3-years old. Check it out Nov. 13 from 9-11 a.m. in the former CDC Annex, Bldg. 44. For more, call ACS at DSN 466-4860.

### Asian Dragon Bazaar

Start your Christmas shopping early at the Asian Dragon Bazaar in Cheb, Czech Republic. Leisure travel will take you to one of the largest bazaars of its kind and offers a wide variety of products to include Bohemian glass, porcelain gifts and souvenirs and a large assortment of seasonal clothes, shoes, garden sculptures and much more. The bus will depart from ODR Nov. 14 at 8 a.m. and will return around 2:30 p.m. The cost is \$35 per person. For more, call DSN 466-2060.

### ATV Safety Course

The ATV Training Course provides certified safety training to ensure the safest ride possible. You will demonstrate full use of the ATV by running through drills before you ride on the beautiful hills of Hohenfels. You must possess a valid class C License. ATV Training Courses will take place Nov. 14 from 8 a.m. to 4:30 p.m. The cost is \$75 per person and includes fuel for the day, safety gear and lunch. For more, call DSN 466-2060.

### Ramstein Mega Mall trip

If you are missing a small taste of home, let ITR do the driving while you rest and gear up for a full day of shopping at the new AAFES Mega Mall in Ramstein. The new Mega Mall has stores like Victoria’s Secret, Nautica, Nike, Under Armour and Adidas Golf Shop, Martha Stewart, Chaps, and many others. The bus will depart from Hohenfels Outdoor Recreation Nov. 15 at 7:30 a.m. and will return around 9 p.m. The cost is \$35 per person and seating is limited to the first 50 people. Call to reserve your seats today. For more, call DSN 466-2060.

### Texas Hold’em, Bunco

MWR patrons are welcome to enjoy themselves in either game Nov. 20. Texas Hold’em registration fee is \$25, which includes a light buffet. Bunco

registration fee is \$10 which includes a light buffet. Doors will open at the Zone at 5:30 p.m. and the games will begin at 6:30 p.m. For more, call DSN 466-2060.

### Salzburg Christmas Market

Enjoy a leisurely-paced self-guided walking tour highlighting the cathedral, Mozart’s birthplace and the Mirabell Gardens. You will have the remainder of the day to explore Salzburg’s charming Christmas Market which is located in the city’s historic area. The bus will depart from ODR Nov. 21 at 5 a.m. and will return around 10 p.m. The cost is \$65 per person. For more, call DSN 466-2060.

### Youth Lock-in

Youth Programs will host a Youth Lock-in Nov. 13-14 for youth in grades seven and eight. The Lock-in will be held from 7 p.m. to 7 a.m. at the Youth Center, Bldg. 72. Join other youth for food, games, movies, competitions, prizes and much more. The cost is \$10 per youth and includes dinner and breakfast. The deadline to sign up is Nov. 10. For more, call Youth Programs at DSN 466-4492 or stop by Bldg. 72.

### Teen Lock-in

Youth Programs will host a Teen Lock-in for youth in grades 9-12. The Lock-in will be held Nov. 20-21 from 7 p.m. to 7 a.m. at the Youth Center, Bldg. 72. Join other youth for food, games, movies, competitions, Midnight Basketball, prizes and much more. The cost is \$10 per youth and includes dinner and breakfast. The deadline to sign up is Nov. 17. For more, call Youth Programs at DSN 466-4492 or stop by Bldg. 72.

### 3-on-3 basketball tournament

Youth Programs, in cooperation with Youth Sports, will host a regional 3-on-3 youth basketball tournament Nov. 14. This Co-ed tournament is open to all High School students. At the tournament, there will be a DJ, after party and great prizes available. Sign up now. For more, call Youth Programs at DSN 466-4492 or stop by Bldg. 72.

### Pumpkin cooking contest

Applications are being accepted for the second annual Hohenfels Pumpkin Love cooking contest. Stop by the library to pick up your application. The deadline is Nov. 16. The only required ingredient is pumpkin. Pull out your favorite fall recipes using pumpkin and enter the contest today. For more, call DSN 466-1740.

*USAG Grafenwoehr Performing Arts Center Presents...*

# ANNIE

*by Thomas Meehan, Charles Strouse and Martin Charnin*  
*Play presented by special permission from Music Theater International*

*Performing Arts Center (East Camp) Bldg. 102/103*

*Nov. 20, Dec. 3, 4, 11 & 12 at 7 p.m.*  
*Nov. 21-22, Dec. 5, 6 & 13 at 2 p.m.*  
*Doors open 30 min. prior to show time*

*Tickets available at the door.*  
*Ticket Prices: Adults - \$10*  
*Under 18 - \$5*  
*Family Ticket - \$25*



*For more information contact DSN: 475-6426 or CIV: 09621-836426*

**the edge**

# November

## After School Programs

**Young Readers Club (East Camp Library)**  
Wednesdays, 3:30-4:30, Grades 9-12

**Art (East Camp Library)**  
Tuesdays, 3-4:30 p.m. Grades 9-12  
Tuesdays, 4:30-6 p.m. Grades 6-8

**Life with CYS - Workforce Prep 101**  
Call for more information


**Basketball Official Training**  
Get certified to be junior officials at upcoming CYS basketball games. Call for more information.

**Fit & Healthy - Exercise and Nutrition Classes**  
Mondays & Thursdays, 3:15-4:15 p.m. Grades 1-5  
Cost: \$40

**Small Group Personal Training**  
Mondays & Thursdays, 4:30-5:30 p.m. Grades 9-12  
Tuesdays & Fridays, 3:15-4:15 p.m. Grades 6-8

**Strength & Conditioning Training for Wrestlers**  
Tuesdays & Fridays, 4:30-5:30 p.m. Grades 9-12  
(East Camp Physical Fitness Center)

For more information contact DSN: 476-3298 or DSN: 476-2760/CIV: 09662-832760





# What’s Happening

## Ansbach Briefs

### New dialing pattern

Beginning Nov. 15, the Barton Barracks phone switch will be reprogrammed. DSN to DSN dialing patterns will not change. Outbound DSN to commercial dialing patterns will not change - dial 99 and then the commercial number.

What will change will be the dialing pattern for inbound calls from commercial numbers: instead of dialing 0981-183-xxx, now dial 0981-183-7xxx.

### Earn a master’s

The University of Oklahoma is registering now for spring 2010 courses—it’s the perfect time to begin your master’s degree. OU offers great flexibility and high quality education. Contact the local site director at DSN 467-3325, CIV 09802-83-3325 for more and complete details.

### Wanted: Instructors

Ansbach’s Schools of Knowledge, Inspiration, Exploration and Skills Unlimited is looking for people willing to share their expertise with community youth and earn money in the process. Child, Youth and Schools Services’ SKIES Unlimited program needs instructors in culinary arts, art, hip hop dance, voice and German language. For more, call DSN 468-7303, CIV 0981-183-303.

### Barton Gym closure

The Barton Gym is closed for renovations now through Feb. 23.

### Wiggles & Giggles

Ansbach Army Community Service hosts its Wiggles & Giggles Playgroup weekly at Katterbach, Storck Barracks and Bleidorn for children ages 0-4 and their parents to get together, socialize and make new friends. Wiggles & Giggles takes place Tuesdays from 10-11:30 a.m. at the Bleidorn Community Library, from 10-11:30 a.m. Wednesdays at the Storck Barracks ACS classroom, and 10-11:30 a.m. Thursdays at the Katterbach Chapel in the downstairs children’s chapel. For more, call DSN 467-2516, CIV 09802-83-2516.

### BOSS lounge, events

Ansbach’s award-winning Better Op-

portunities for Single Soldiers program features a lounge in the basement of the Von Steuben building on Bismarck Kaserne. The BOSS Lounge features Jam Night on Thursdays, Poker Night on Fridays, Club Night on Saturdays and Lounge Night on Sundays. Hours are 5-10 p.m. Sundays-Thursdays, and 5 p.m. to midnight Fridays and Saturdays. For more on the lounge or other BOSS programs, call DSN 467-2921, CIV 09802-83-2921.

### Now hiring

■ The Ansbach Spouses and Civilians Club Thrift Store is hiring for various positions. Those interested should stop by the store on Katterbach for an application. The Ansbach Thrift Store is open Tuesdays and Wednesdays from 10 a.m. to 2 p.m. and Thursdays from noon to 6 p.m. For more, call CIV 0176-631-07391. ■ A contract position is available at the Illesheim Army Community Services for an intake/reception clerk. For a copy of the solicitation and more details, call the Storck ACS at DSN 467-4555, CIV 09841-83-4555.

### Foster parents needed

The Army Community Service Family Advocacy Program is looking for interested families to become emergency foster care providers. The EPC program provides substitute family care for children over a planned period of time when children’s own parents are unwilling or unable to care for them. If interested, call DSN 467-2146, CIV 09802-83-2146.

### Personnel’s new hours

The Ansbach Military Personnel Division offices have new operating hours. ■ ID card section: Mondays, Tuesdays, Thursdays and Fridays open 8 a.m.-4 p.m. with last customer sign in at 3:45 p.m. Wednesdays are for appointments only. ■ Installation Access System: Mondays-Fridays from 8 a.m.-noon and 1-4 p.m. ■ Passport section: Mondays, Tuesdays and Thursdays from 8 a.m.-3:45 p.m. Fridays the office is closed from 8 a.m.-1 p.m. for training and open from 1-4 p.m. Wednesdays are for appointments only. ■ Reassignment actions: Mondays-Thursdays from 8 a.m. to noon and 1-4 p.m. Fridays the office is closed from 8 a.m.-1 p.m. for training and open 1-4 p.m. Wednesdays are for appointments only. For more, call DSN 467-2630, CIV 09802-83-2630.

### Catalogue shopping room

Want to shop for something unique and not found locally? ACS Yellow Ribbon room now has a catalogue shopping room filled with different and unique catalogs that you can view and then order on-line for fast Christmas shopping and delivery. Come join us for some cookies and coffee while you shop through our catalogues.

### Debt collection

People who owe money to, or were owed money by Spc. Jordan Roberts of 12th Combat Aviation Brigade, Headquarter and Headquarter Company in Ansbach should contact Cpt. Justin Izzo at DSN 467-2173, CIV 0151-229-81003. A list of such accounts will be given to Spc. Roberts’ legal guardians.

## Schweinfurt Briefs

### ODR trip

Outdoor Recreation is taking a trip to the Geomaris indoor pool in Gerolzhofen Nov. 19. Cost is \$5 for transportation which departs ODR at 5 p.m. and returns at 8:30 p.m. Enjoy an indoor pool with a high dive, slides and a children’s pool. To register, call CIV 09721-96-8080.

### ‘Love and Logic’ parenting

Parenting doesn’t come with a manual, but learning to become a “Love and Logic” parent may make the job a little easier. Come to the Army Community Service class Tuesday from 9 to 11 a.m. to discover your parenting style and learn tips on how to raise loving, respectful, and responsible children. Call CIV 09721-96-6933.

### Community theater auditions

The Schweinfurt community theater seeks males and females for the upcoming presentation of “The Rocky Horror Show.” Auditions are held tomorrow at 1 and 6 p.m. at the Abrams Entertainment Center. No acting or singing experience required. For more, call DSN 354-6225/6216, CIV 0162-296-2776.

### POC training

Interested in becoming a point of contact for your family readiness group? Come to the POC training at Army Community Service tomorrow from 11:30 a.m. to 1 p.m. Call CIV 09721-96-6933.

### First impressions

Learn how to make a positive first impression on job interviews by attending the “First impression employment readiness” Army Community Service class tomorrow from 2 to 3 p.m. Topics also include types of interviews, how to dress, and more. Call CIV 09721-96-6933.

### Relationship Cure

Army Community Service offers a “Relationship Cure” class to turn troubled relationships into positive ones. The class is held Friday from 9 to 11 a.m. Free limited childcare is available if child is pre-registered with ACS and Child, Youth, and School Services. To sign up, call CIV 09721-96-6933.

### Tips on birth and babies

Do you have a baby on the way and want to be prepared with what to expect? Come to Army Community Service’s “Birth-n-Babies” class at Ledward ACS on Friday from 9 a.m. to noon. Learn the latest about what is available for labor and delivery, how to handle complications, and what to do the first night home with your new baby. For more, or to sign up, call DSN 354-6933 or CIV 09721-96-6933.

### Community update forum

Do you want to know the calendar of events for the community? Do you have questions or concerns to voice about a particular matter? Come to one of the two identical community update town hall meetings Nov. 19, 10 a.m. at the Ledward Theater and 6 p.m. in the Schweinfurt Elementary School multipurpose room.

### Free computer classes

Army Community Service is offering a free computer class Monday to learn basic computer and Windows Vista skills. Classes run from 8:30 a.m. to 12:30 p.m. in the Ledward bldg. 206 computer lab room 316B. A certificate of completion will be issued at the end of each class. For more or to sign up, call ACS at DSN 354-6933, CIV 09721-96-6933.

### Smooth move seminar

Leaving the community? Army Community Service wants to help “smooth” your transition. Attend a seminar Monday at ACS from 9 to 11 a.m. to get tips on packing, shipping, moving with pets and more. For more, call DSN 354-6933, CIV 09721-96-6933.

### Socialize at the Lunch Bunch

Get out of the house, make a few new friends, and learn where good restaurants are around town by attending the Army Community Service monthly Lunch Bunch. Join Schweinfurt’s Lunch Bunch Nov. 19 from 11 a.m. to 2 p.m. Sign up for the carpool or call to get directions to the restaurant at DSN 354-6933, CIV 09721-96-6933. Experience a little of the German culture with an English-speaking guide to help you translate the menu. Children are welcome. Bring Euro for lunch.

### Auto winterization course

The Conn Auto Skills Center offers a class to learn how to handle winter roadside emergencies Nov. 19 beginning at 6 p.m. Free car wash for participants. For more, call CIV 09721-96-8224.

### Sign up deadline for child care

The deadline to sign up for Super Saturday Child care is Friday. Child and Youth Services’ Super Saturday Respite Care is Nov. 21 where children ages 6 weeks to fifth grade will be cared for from 9:30 a.m. to 2:30 p.m. Cost is \$16. Children must be registered with CYS and also have current immunizations. Call CYS central registration for more at DSN 354-6517, CIV 09721-96-6414.

### Turkey trot fun run

The community is invited to the turkey trot fun run Nov. 21 at Kessler Fitness Center beginning at 9 a.m. Adults can run 5k or 10k and children can run 2k, 3k, or 5k. Pre-register now at the Schweinfurt fitness centers or by calling CIV 09721-

96-6735. Participants can also register on-site the day of the event from 7:30 to 8:15 a.m.

### Turkey bowl tournament

The Kessler Bowling Center is having a “turkey bowl” tournament Nov. 21 beginning at 1 p.m. First, second, and third place winners get free turkeys. For more, call DSN 354-6332, CIV 09721-83391.

### Community theater

The Schweinfurt community theater presents one-act plays during a “Night of Quickies” Nov. 19 through 21. Plays begin at 7 p.m. and costs \$12 for adults and \$10 for youth ages 10 to 18. To reserve a ticket, call CIV 0162-296-2776 or e-mail garland.travis@eur.army.mil.

### BOSS meet n’ greet

Single Soldiers are invited to the Finney Recreation Center for a Better Opportunities for Single Soldiers, or BOSS, meet n’ greet Nov. 19 between 1 and 5 p.m. Meet your BOSS unit representatives and learn about various community agencies. For more, call DSN 353-8476.

### Volunteer orientation

Come learn about the volunteer management information system Monday from 10 to 11 a.m. in the Yellow Ribbon Room. The course will also teach about the importance of volunteering, how to get involved, and more. To register, call CIV 09721-96-6933.

### Build a volunteer portfolio

Not sure how to make your volunteer experience work for you? Let Army Community Service show you how in a class at Ledward Yellow Ribbon Room Monday from 11 a.m. to noon. Bring any certificates, memos, scrolls, awards, job descriptions, and pictures from past volunteer experiences and learn to put it all together in a book that highlights strengths in order to show off or to apply for a job. Call CIV 09721-96-6933.

### Sponsorship training

Come learn the ropes of helping new Soldiers and families integrate into the community. By attending Army Community Service’s “Sponsorship Training” class Tuesday from 9 to 11 a.m., you will obtain skills to become a valuable resource to Schweinfurt newcomers. To register, call CIV 09721-96-6933.

## Thanksgiving

# SKI TRIP

### to Austria

**26-29**  
**NOVEMBER**

**Cost: \$325**

Join us for a trip to Kaprun and Zell am See, Austria, including:

- 3 night stay, breakfast, dinner, transportation & guide
- Discounted ski equipment is available
- Participants can purchase 1, 2, or 3 day ski pass at the slopes

**Information and Registration: 467.3225 or 09802.83 3225**

## PRIOR SERVICE: NEW PRIORITIES

The Air Force Reserve is offering part-time opportunities with excellent benefits, including choice of home base, education assistance, secure employment and competitive pay.

Choose your home base and you will not be transferred. Receive low cost TRICARE health insurance. Maintain retirement benefits. In most cases you can retain your rank and do not need to repeat basic training. Specific jobs come with signing bonuses.

Continue to build close friendships, serve your country and participate in experiences unique to the military.

Accomplish extraordinary things while you achieve your personal goals.

**DSN 480-3940 • AFReserve.com/Prior**





The ruins of Urquhart Castle sit on the shore of Loch Ness. Urquhart Castle was built in approximately 1230 and was once the largest castle in Scotland. At one time it was under the control of Robert the Bruce, a King of Scotland.

Loch Ness is the second largest loch in Scotland and is most famous for the mysterious mythological creature the Loch Ness Monster that the locals refer affectionately to as “Nessie.” Loch Ness is 23 miles long and holds more fresh water than all the lakes combined in England and Wales.

Courtesy photo

# Discover rich history in Scotland

by **AMY NEWCOMB**  
*Bavarian News*

Scotland is considered one of the most hospitable places with the most hospitable people on earth. From experience, I happen to agree.

From Germany, Scotland is only a short flight away and with so much rich culture and history, it is a beautiful place everyone should visit. Scotland has fantastic cities, rolling hills set in a verdant countryside, rugged coastlines and soaring rocky mountains.

Glasgow, Edinburg and Aberdeen are just a few cities to visit. The North Sea and Scottish countryside are only a few minutes’ drive away.

I began my journey to Scotland by flying into Glasgow and renting a car. Once you get used to being on the opposite side of the car on the opposite side of the road, there isn’t much difference from driving in Germany and the British Isles. Thankfully, Scottish drivers are very considerate and seem to know the tourists from the locals. After getting the hang of driving, I began my exploration of the largest city in Scotland.

Glasgow is located in the West Central Lowlands of Scotland on the River Clyde. During the Scottish Enlightenment of the 1800s, Glasgow became a major trading center. Over the last two centuries, Glasgow has grown to a population of over 600,000 and at one time had close to one million inhabitants.

It has attractions such as the Glasgow Speedway for the Motorsport enthusiasts and several prominent museums and art galleries.

Don’t leave Glasgow, however, without stopping in to see the city’s best kept secret - the Glasgow Cathedral.

The first building, located where the

cathedral is today, was consecrated in 1136 in the presence of King David I. The building burned down but a larger building replaced it in 1197. Through the 13th and 14th centuries several extensions to the cathedral were added. The cathedral has had minor changes since then and still has Christian services on Sundays and holidays.

When leaving Glasgow, it is best to jump on the M8, Scotland’s version of the autobahn. Head toward Edinburgh but before you get there take a small detour to Roslin (sometimes spelled Roslyn or Rosslyn.) This town is home to Rosslyn Chapel - featured in Dan Brown’s fiction novel, “The Da Vinci Code.”

Rosslyn Chapel was founded in 1446 by William St. Clair, third prince of Orkney, who is still buried in the chapel crypt. There are also descendents of the St. Clair’s buried on the chapel grounds dating back several hundred years.

The rich history associated with the chapel extends to the present with a 13 million pound restoration project underway - largely due to the attention the chapel has received since the release of Dan Brown’s book. However, if you want to know if the Rose Line really passes through the chapel, you will have to go see for yourself.

After passing back through the village of Roslin, head north toward Edinburgh. Edinburgh is Scotland’s capital city and home to one of the most extraordinary castles throughout the British Isles. It has over one million visitors each year.

Edinburgh Castle’s base is made of volcanic rock and dates back 1,000 years. From any location at Edinburgh Castle, a view of the city can be seen that is rivaled nowhere else. The

castle houses Scotland’s Crown, Scepter and Sword of State along with the Stone of Destiny - the seat where generations of Irish and Scottish Kings were crowned.

Leaving Edinburgh Castle, travel down High Street which is known as The Royal Mile. The Royal Mile connects Edinburgh Castle and the Royal Palace of Holyrood House. The street was nicknamed The Royal Mile because through the ages, Scottish and English kings and queens travelled the road between the two structures.

Along this route you will find the usual tourist shops, sweatshirts and postcards. There are also plenty of Scottish eateries along this route that serve up traditional cooking. Make sure you have the fish and chips or for breakfast try traditional Scottish Haggis.

After leaving Edinburgh, travel up the coast along the North Sea. It’s a beautiful drive that will take you through quaint coastal towns that boast an array of bed and breakfasts. This route takes you up toward Aberdeen which is Scotland’s Castle and Grampian Whiskey country and during the summer you can stop off at the Moray Coast for some dolphin watching.

After leaving the coast, you want to head west making sure to stop at Balmoral Castle on your way to Inverness. This estate was purchased by Queen Victoria in 1848 and has been the Scottish Home of the British Royal family ever since.

The estate which is located in the Scottish countryside covers approximately 50,000 acres. Visitors can enjoy a walk through parts of the castle as long as the Royal family is not in residence and the grounds offer extensive walking trails. You can also book a luxury wildlife safari - but make sure you do that in advance.

If you only have a few days like I did, then ending your journey of Scotland in Inverness is the way to go. Inverness boasts many interesting things to do and the first thing I did was take a boat ride on Loch Ness looking for the famous mythological creature the Loch Ness Monster, affectionately named “Nessie” by locals.

Loch Ness is the second largest Loch, or lake, in Scotland. The water has a stange coffee-like quality, so visibility through the water is limited.

Along your boat route you will see many castles. One castle to note is Urquhart Castle, situated on the banks of Loch Ness. This medieval fortress was once Scotland’s largest castle. The ruins have a small café inside and a store that sells local wares. The tower is still standing and has a wonderful view of Loch Ness.

Glasgow is only a few hours south of Inverness so make sure you take your time heading back. The countryside is beautiful so whenever possible, jump off Scotland’s Motorway and take the scenic route.



Above: This stretch of beach lies in the beautiful town of Broughty Ferry showing a wonderful view of the North Sea. Every July the Broughty Ferry Gala Week is held to celebrate the start of the holiday season.

Above right: Balmoral Castle sits in the Scottish Highlands and is a family retreat for the British Royal Family. Built in 1856, the original estate goes back to 1390 when Sir William Drummond purchased the land from King Robert II, who used the land for hunting.

Right: Edinburgh Castle is perched on an extinct volcano and is a powerful national symbol to Scotland. The castle dominates Edinburgh’s skyline with views that reach out to the Firth of Forth. As a Royal Castle it has been a residence of Scotland’s kings and queens. Every occupant modified or added to the original structure, so that today it is a rich architectural mixture of palace, fortress, barracks, chapel and war memorial.

Photos by Amy Newcomb





# Great American Smokeout spurs quitters

by **MARCIE BIRK**  
*USACHPPM*

Are you a tobacco user? Are you tired of wasting money on cigarettes? Are you worried about what cigarette smoke is doing to your health or the health of your children? Are you ready to quit?

The Great American Smokeout, Nov. 19, is for such smokers.

Every November, you and thousands of other Americans can say goodbye to tobacco during the nation's biggest freedom-from-tobacco event.

Each year, more than 400,000 Americans die from cigarette smoking. In fact, one in every five deaths in the United States is related to smoking. Smoking tobacco causes chronic lung disease, heart disease and stroke, as well as cancer of the lungs, larynx, esophagus, mouth and bladder.

These long-term risks of tobacco use are deadly serious. But tobacco damages your health from the first puff. For example, the nicotine in tobacco reduces blood flow to the muscles, therefore increasing the risk for injuries and slowing the healing process. This has a definite impact on fitness. Nicotine also lowers the level of testosterone in the blood and can lead to impotence for men. Tobacco reduces night vision, which can be a serious problem for Soldiers.

If you want to quit using tobacco, ask your healthcare provider to recommend a local tobacco-cessation program. Studies have shown that participation in a structured program significantly improves the chance for success. If you can't get into a program right away, use

the following steps to get started.

**Step one**  
Pick a quit date. The Great American Smokeout is a great day to quit. Mark Nov. 19 on your calendar. Write a list of reasons you want to quit using tobacco and get yourself ready to break free from tobacco addiction.

**Step two**  
Establish a tobacco-free zone. Throw away all cigarettes, matches, lighters and chew. Clean and deodorize your house, car and clothing. Get rid of the ashtrays in your house and pick up cigarette butts in and around your yard. Ask your friends and family not to smoke in your house, in your car or around you for at least three weeks.

**Step three**  
Avoid situations that lead to tobacco use. Think about those times that you use tobacco. Is it during break time at work? While driving? When talking on the phone? At a bar? If you can, avoid those places or situations for a few months.

Of course, there are some places you can't avoid, such as driving your car. In those situations, substitute a new, enjoyable behavior for smoking. For example, instead of lighting up when driving, have a lollipop. When talking on the phone, keep your hands busy by doodling on a piece of paper. During break time, take a walk around the building, bring in a favorite magazine to read or listen to the radio.

**Step four**  
Take care of yourself. Enjoy your meals. Sharper taste and smell will

The Great American Smokeout will take place worldwide Nov. 19.

be early, noticeable benefits of your freedom from tobacco. Calculate how much money you're saving and buy something for yourself.

**Use the "five Ds" to fight urges:**

- Deep breathing — Take slow, deep breaths to feel relaxed and in control.
- Drink water — Drink at least eight glasses a day to flush the nicotine from your system.
- Do something else to keep busy — Be physically active. Chew sugar-free gum. Listen to music.
- Discuss your urge with a friend or family member.
- Delay — Don't reach for tobacco right away. Count from 100 to 200. Think pleasant thoughts. The urge to smoke passes in three to five minutes whether a person smokes or not.

For more information about tobacco cessation, visit these Web sites:

- [www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp](http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp)
- [www.ucanquit2.org/](http://www.ucanquit2.org/)
- <http://chppm-www.apgea.army.mil/dhpw/Population/GreatAmericanSmokeoutResourceArchive2.aspx>

**Many techniques and resources exist for smokers wishing to kick the habit. The Great American Smokeout draws attention to the issue each year.**



Courtesy photo

## Tobacco can create stress

by **MARCIE BIRK**  
*USACHPPM*

Soldiers face stresses unique to their occupation. Time away from home, deployments and heavy workloads cause Soldiers to feel substantial work-related stress.

The Army offers a wide variety of stress-management tools, ranging from recreational opportunities to behavioral health services. In the past, smoking breaks were also offered as a stress management tool.

While smoking breaks are no longer officially given, many Soldiers continue to smoke and use tobacco because they believe it helps them deal with stress. However, research shows that nicotine does not reduce feelings of stress. In fact, nicotine-addicted individuals need nicotine simply to feel normal.



Courtesy photo

Contrary to belief, smoking can cause stress.

Studies show that what appears to be the relaxing effect of smoking is really a reversal of the tension and irritability that develop when nicotine levels in the blood are falling. Because of the addiction to nicotine, regular tobacco users feel heightened stress between each use of tobacco. This negative mood is repeated throughout the day, making tobacco users feel above-average levels of daily stress.

A recent study found that military personnel who use tobacco to specifically reduce stress reported significantly higher stress levels than those who did not use tobacco.

The physical, mental and emotional changes that result from nicotine addiction make tobacco users even more vulnerable to feelings of stress while under pressure.

In fact, just the thought of losing their "fix" can cause tobacco users to feel stressed. This response could reduce a Soldier's ability to focus and adversely impact mission performance.

Nicotine withdrawal symptoms such as irritability, anger, frustration, anxiety, depression, impaired concentration and restlessness are not compatible with military duties that depend on concentration, critical thought or being alert.

Bottom line: Tobacco use increases stress. Studies have found that former tobacco users are less stressed than current tobacco users. So the first step the tobacco user should take when trying to reduce stress is to quit tobacco. Quit tobacco resources can be found at [www.UCanQuit2.org](http://www.UCanQuit2.org).

For more information on tobacco and stress, visit these Web sites:

- [www.apa.org/releases/smokestress.html](http://www.apa.org/releases/smokestress.html)
- [http://findarticles.com/p/articles/mi\\_qa3912/is\\_200803/ai\\_n25139850/](http://findarticles.com/p/articles/mi_qa3912/is_200803/ai_n25139850/)

## Smoking increases risk of impotence

by **MARCIE BIRK**  
*USACHPPM*

Smoking impacts many parts of the body, including heart, lungs, skin, mouth and eyes. Increasingly, evidence points to a link between smoking and impotence.

Impotence, also called erectile dysfunction, is the inability of a man to maintain an erection for sexual purposes. A study conducted in 2000 of 7,684 Chinese men (average age 47) found the following:

- Men who smoked more than 20 cigarettes daily had a 60 percent higher risk of erectile dysfunction, compared to men who never smoked.
- Fifteen percent of past and present smokers had experienced erectile dysfunction.
- Men who currently and formerly smoked were about 30 percent more likely to suffer from impotence.

Further research has confirmed the connection between smoking and impotence. A 2001 analysis of two decades of data on the smoking prevalence among impotent men found that tobacco use is an important risk factor for impotence. In 2006, an Australian study of 8,367 men reported that smoking increased the likelihood of impotence by 27 percent and that the more a man smoked, the more likely he would suffer from erectile dysfunction.

Studies have established a link between smoking and impotence. So, how can smoking cause impotence?

- Sexual functioning requires the coordination of several body functions. This includes the nervous system (mental stimulation) working in coordination with hormones, and the vascular system, which pumps blood into the muscle tissue that maintains the erection. Smoking can affect all of these.
- Many diseases caused by smoking

involve blockage of the arteries, meaning that smoking inhibits the flow of blood throughout the body. Strokes and heart attacks are one result of severe blood flow blockage. Impotence is another result of arterial blockage.

- The greater the length of time spent smoking, the greater the damage to the biological systems that cause impotence.

Keep in mind that smoking is not the only risk factor for impotence. If you are experiencing problems, see your health care provider for a complete medical assessment.

It is possible to fully or partially recover erectile function caused by smoking just by quitting. So quit today — for your health from head to toe.

For more information, visit these Web sites:

- [www.ahealthyme.com/topic/smokingimpotence](http://www.ahealthyme.com/topic/smokingimpotence)
- [www.sciencedaily.com/](http://www.sciencedaily.com/)

## Unregulated tobacco products said to maintain addiction, not fight it

by **MARCIE BIRK**  
*USACHPPM*

Tobacco manufacturers have responded to increased smoking regulations with the development of new "smoke free" tobacco products.

These new products contain the same amount of nicotine, or even more, than a cigarette.

Products include "dissolvable tobacco" made from finely milled tobacco and held together by food grade binders, teabags filled with flavored tobacco, and a battery-powered "cigarette."

Manufacturers market these products as a "socially acceptable" alternative to cigarette smoking, because there is no smoke, no spit and no litter.

But medical experts fear these products may discourage smokers from quitting by sustaining their nicotine addiction and through use in a growing number of places where smoking is not allowed.

For example, Soldiers are not allowed to use tobacco during Initial Entry Training.

This break in tobacco use gives young Soldiers the chance to kick the tobacco habit. But these new tobacco products are easy to conceal, enabling Soldiers to use tobacco despite regulations.

These "alternatives" to smoking also present the potential for "dual use" — using the smokeless products along with cigarettes or other smokeless tobacco products.

Smokers who use these products may get a higher dose of nicotine than they are used to, resulting in tremors, nausea, vomiting, agitation and in more extreme

cases, seizures, coma and death.

The health impact of such dual use also has not been studied.

Some manufacturers are marketing these products as aids to tobacco cessation, claiming the products are safe and risk-free.

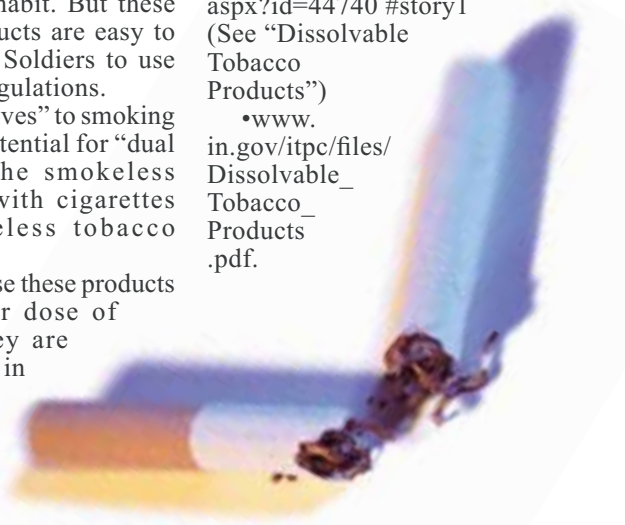
In July 2009, however, the Food and Drug Administration released an analysis of 19 varieties of electronic cigarettes that said half contained nitrosamines (the same carcinogen found in real cigarettes) and many contained diethylene glycol, the poisonous ingredient in antifreeze.

The FDA has not approved dissolvable tobacco products or e-cigarettes as nicotine replacement therapies.

Individuals who want to quit tobacco should use scientifically proven methods such as counseling and telephone quit lines, and only use FDA-approved nicotine replacement therapies such as the patch and gum.

For more information, visit these Web sites:

- [www.fda.gov/ForConsumers/ConsumerUpdates/ucm173401.htm](http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm173401.htm)
- [www.acep.org/PrintFriendly.aspx?id=44740#story1](http://www.acep.org/PrintFriendly.aspx?id=44740#story1) (See "Dissolvable Tobacco Products")
- [www.in.gov/itpc/files/Dissolvable\\_Tobacco\\_Products.pdf](http://www.in.gov/itpc/files/Dissolvable_Tobacco_Products.pdf)





# HHC goes big for flag football championship

Held scoreless at the half, HHC makes a striking comeback to take the ‘ugly’ victory

Story and photo by  
**KRISTIN BRADLEY**  
*USAG Hohenfels Public Affairs*

After a competitive season and three days of playoff games, teams from the 527th Military Police Company and 1st Battalion, 4th Infantry Regiment Headquarters and Headquarters Company met for the final game of the 2009 Hohenfels Flag Football Championship, Oct. 28.

Though the MPs had just come off their semifinal matchup with 1-4 Infantry’s team from Company D and HHC was playing its first game of the night, the MPs started the game by blowing past HHC to score seven points on their first drive.

The MPs continued to dominate HHC throughout the first half when HHC’s first possession quickly ended in a punt and the MPs scored their second touchdown and extra point soon after.

A few minutes and many errors later, HHC went into halftime scoreless and down 14 points.

“They got the jump on us in the first half and got us flustered,” said Sgt. Bryson Kirby, HHC team captain.

“That was our first time (all season) being down so much and not able to control the game at our own pace,” said Staff Sgt. Carlos Velasquez, HHC



**The team representing Headquarters and Headquarters Company, 1st Battalion, 4th Infantry Regiment, beat out the 527th Military Police Company to earn the title of 2009 Hohenfels Flag Football Champions.**

team captain. “(During halftime) we got our team motivated and ready to play in the second half.”

Despite that motivation, when HHC took possession of the ball after halftime its first few plays looked like

more of the same. However, after some incomplete passes, a few errors and a penalty, HHC finally got the ball into the end zone. After being stopped on an extra points attempt, HHC needed to score another touchdown and at

least three extra points to win.

This score seemed to breathe new life into HHC and the game, the intensity from both teams growing with each passing minute.

A short punt gave HHC the ball on

the MP’s 20 yard line, which quickly resulted in an HHC touchdown. Despite HHC’s growing momentum, the MPs were again able to stop the extra point, leaving HHC matched with the MPs for touchdowns but down 2 points with 3:18 left to play.

After an unsuccessful drive, a well-executed MP punt left HHC with the ball at their 20.

With just 1:19 left in play, a hook and ladder play by Sgt. Khamphoumy Sourivong and Capt. Anthony Williams gave HHC a crucial third TD.

Momentum drove HHC into the end zone again for three extra points, bringing them ahead of the MPs for the first time in the game with less than a minute to go.

A last-minute drive down the field by the MPs looked promising but came up short, giving HHC the game with a final score of 21-14.

“At the end we were trying not to give them anything but they got a lucky run. Our mistake,” said Spc. Eric Clark, MP team captain.

Though both Kirby and Velasquez both lamented HHC’s mistakes in the first half, they were more than happy with the result.

“It’s a win,” said Kirby. “I’ll take it ugly or pretty, it doesn’t matter.”

Both teams will compete in the Installation Management Command-Europe Flag Football Championships hosted at Hohenfels, Nov. 6-8.

The MPs said their main goal in the IMCOM tournament is to earn a rematch with HHC.

“We’re coming for them no matter what,” said Clark.

## ‘Total Fitness’ concept makes more effective Soldiers, Army

by **Sgt. 1st Class MICHAEL J. CARDEN**  
*American Forces Press Service*

Being fit to fight in today’s military means more than simply being physically fit, and through the concept of “total fitness,” Defense Department officials hope to build on what many say already is the most resilient force in U.S. military history.

Total fitness strikes a balance between strong minds and bodies, a balance service members today need more than ever, said Army Maj. Todd Yosik, chief of the operational division for the Defense Centers of Excellence, in an interview with American Forces Press Service, Oct. 29.

Yosik echoed recent comments by Defense Secretary Robert M. Gates and other top officials, noting that mental readiness has become increasingly important for service members as they continue to deal with the stress of frequent deployments. Even the most optimistic troops have had difficulty staying vigilant over the past eight years in Iraq and Afghanistan, he said.

“This has really challenged even the most resilient and best warriors that we have,” Yosik said. “Through the last several years, a lot of very resilient folks have struggled with deployments. Warriors today, probably more than ever before, need to possess more strength and stamina than what we’ve ever really encountered in the history of our military within the U.S. Defense Department.”

A service member who is in top physical as well as mental shape will be more efficient and effective and, more importantly, better equipped to sustain the rigors of a variety of tough missions, he explained.

It’s not uncommon for troops to carry up to 150 pounds of equipment for days and weeks in an operation. Although the physical toll is great, such service members still need to be as stress-free as possible and able to process their task, he added.

“Total fitness is an emerging concept that integrates not only the physical part of being a warrior, but also the mental part, and also that larger part of having a sense of purpose and being connected to something bigger than yourself,” Yosik said. “The bottom line is you can’t do it all on your own.”

Family, community, emotional strength and stamina are just as important as physical fitness, Yosik said. He said he encourages troops to be open and communicate with their families and units, rather than bottling up their stress.

Also, focusing on good nutritional and sleep habits can lead to positive differences, he said. These practices will culminate into a more well-rounded

service member and overall force.

“The total fitness concept is really an effort to build on existing strength that are already there to help enhance some of these elements to make warriors stronger, to prepare them better and to help them sustain better,” he said, “(and) also, at the same time, enhance their performance and their mission effectiveness.”

The Army, Yosik noted, recently began a servicewide program to teach Soldiers the value of total fitness. Through its Comprehensive Fitness program, the Army is implementing online and classroom training in individual units and various levels of leadership education. The program began earlier this month to give Soldiers a means to evaluate their psychological strengths and improve on their weaker areas. Also, Soldiers who are deemed mentally fit through their evaluations learn to educate others.

“Comprehensive Soldier Fitness is a perfect example of a total fitness initiative, and the Army is out in front on that,” he said. “It’s a commendable effort of bringing together these topics, and that’s something that is emerging across the (department).”

As the total fitness idea continues to spread throughout the force, Yosik and others recognize the long-term effect psychological fitness can have on troops. More and more service members are being diagnosed with post-traumatic stress and traumatic brain injury. Research indicates that untreated psychological conditions can lead to drug and alcohol abuse, problems at home, depression and even suicide. At a joint Defense Department and Department of Veterans Affairs Mental Health Summit in Washington, D.C. this week, health care professionals gathered to address the emotional wounds of war.

Gates noted in his keynote address, Oct. 26, that more than 6,000 service members from the wars in Iraq and Afghanistan have been diagnosed with psychological conditions. Eight years of fighting terrorism in the two countries has impacted the troops, he said, and Pentagon leadership is cautious about pushing troops to their limits.

But through initiatives such as the total fitness concept and the Army’s Comprehensive Soldier Fitness program, Yosik said, the force will only get better.

“I think in order to sustain yourself in full-spectrum operations, you really can’t separate the two. You can’t separate the mind and body, because mental stamina (and) physical fitness are so critical for mission success.”

**You can’t separate the mind and body, because mental stamina (and) physical fitness are so critical for mission success.**

**Maj. Todd Yosik**  
Defense Centers of Excellence



*Courtesy photo*

## Carpe diem

**Environmental custodianship, land management and sound training principles come together for Brad Smudzinski, Management Services Specialist of the US Army Corps of Engineers Bavaria Area Office-Grafenwoehr and his son, Jake Lee, 11, as they catch the “big one” at one of the many MRW fishing holes in the Grafenwoehr Training Area. During this outing, Smudzinski brought in a 20-pound carp and pike from the vehicle fording site on the Bravo Impact Area.**

**All fishing in Germany requires US forces to possess a German fishing license. Fishing on the major training areas also requires prior coordination. Both of these prerequisites are available by contacting the Grafenwoehr Outdoor Recreation Center.**



# Task Force Ready completes rotation



Above: Task Force Ready Soldiers off-load an injured Soldier from a Charlie Co., 1-214th medevac aircraft.

Right: Task Force Soldiers qualify at the M249 range in preparation for the unit’s deployment to Afghanistan.



Photos by 1st Sgt. Danny Burky

Small arms, convoy live-fire and aerial gunnery training prepares Soldiers for deployment to Afghanistan

by 1st Lt. ANDREW WEMPE  
*5th Battalion, 158th Aviation Regiment*

The Soldiers of 5th Battalion, 158th Aviation Regiment, 12th Combat Aviation Brigade, conducted full spectrum aviation operations through a variety of exercises and missions in both the Grafenwoehr and Hohenfels training areas, Aug. 10 to Sept. 12, in preparation and certification for the unit’s upcoming deployment to Afghanistan.

The training was meant to challenge the battalion and give the Soldiers exposure to possible missions and situations they may face in just a few short months.

The unit worked through several phases before completing the training and earning the proficiency and confidence necessary for their impending deployment.

The first phase of training took place at Grafenwoehr and consisted of small arms ranges, convoy live-fire training and aerial gunnery.

The training was instituted by leaders at every level and the professionalism of the Soldiers helped ensure a safe and successful training event. All told, 5-158th qualified 654 Soldiers at seven different ranges, expending 6,000 rounds of ammunition.

The second phase consisted of a Command Post Exercise (CPX), which gave 5-158th Battalion staff an opportunity to train and perfect Tactical Operations Center (TOC) battle drills.

The third phase of training consisted of the Mission Ready Exercise, a culminating event at Hohenfels Training Area that was meant to challenge the battalion and expose it to potential situations they could face while deployed in the most realistic manner possible.

Reconstituted as Task Force Ready for the exercise, 5-158th was tasked with supporting Soldiers from the 173rd Airborne Infantry

Brigade Combat Team.

Task Force Ready enabled the 173rd ABCT and its battalion staffs to refine their air assault and air movement planning processes.

Alpha and Bravo companies were successful in conducting multiple air movements and a battalion-level air assault of 1st Battalion, 503rd Infantry Regiment.

Delta Company worked tirelessly to keep aircraft flying and Fox Company ensured the flight companies had the necessary air traffic control support to conduct their missions.

Headquarters and Headquarters Company guaranteed the staff and commanders were properly supported to execute the assorted missions the Task Force received.

A Slovenian medical evacuation crew was attached to 5-158th, which maintained a perfect 100 percent operational readiness rate throughout the exercise.

The 5-158th, working cohesively, was able to fly more than 350 accident and incident free hours during the exercise, a testament to the unit’s high standards.

Throughout every phase of training, the Forward Support Company, Echo Company, fulfilled all the logistical needs of the extremely diverse battalion.

Echo Company provided quality meals at the DFAC, as well as maintenance and vehicle support throughout the exercise, and fuel for both air and ground assets.

Echo Soldiers pumped a staggering 44,000 gallons of fuel throughout the exercise.

Throughout its 24-hour support of the battalion, Echo still managed to conduct valuable training exercises, practicing both 9-LINE medevac requests and loading and unloading of injured Soldiers onto 1st Battalion, 214th Aviation Regiment medevac helicopters; participating in Mine Resistant Ambush Protected vehicle familiarization and drivers’ training with an emphasis on improvised explosive device reaction time; and executing multiple convoy operations.

At the completion of the five week exercise, 5-158th was both better prepared for deployment and ready to attack the challenges ahead. The Soldiers of 5-158th proved to indeed be mission ready.

## 3-159 celebrates a safe return home from combat

Story and photo by  
RONALD H. TOLAND JR.  
*USAG Ansbach Public Affairs*

When Soldiers return from any deployment, it is always a celebration, especially when it is a safe return.

When the Soldiers of 3<sup>rd</sup> Battalion, 159<sup>th</sup> Aviation Regiment, returned from a 13-month deployment, it was no different and they too celebrated with a day of unity.

“This is a Soldier appreciation day,” said 1st Lt. Colleen Schoenfeld, rear detachment unit coordinator for the event.

“The unit just stood back up after returning (from) downrange and this is a celebration of that,” she said. “I hope they had a good time and know

**“The unit just stood back up after returning (from) downrange and this is a celebration of that. I hope they had a good time and know that the community appreciates what they do for them.”**

1st Lt. Colleen Schoenfeld, Rear Detachment Unit Coordinator

that the community appreciates what they do for them — serving in the military.”

And for a battalion that had no altercations or injuries while deployed, this was a chance for them to blow off steam, which is a good idea.

“We (the battalion) brought back everyone we went downrange with,”

said Capt. Michael Dyer, Alpha Company commander.

“It gives closure to what happened downrange, regrouping and creating a new beginning now that we are back,” he said.

Not only was the purpose of the day to celebrate a safe homecoming, it was also to boost unit morale and cohesion.

“It is good to start again from scratch and meeting the new unit Soldiers on a more social level, not just at work, and letting our guard down, which helps build stability,” said the company commander.

“Hopefully we can do this more often — we need that,” he added.

His Soldiers agreed.

“Since being back, it is fun to just

kinda not be in the face of being downrange and in that high velocity environment. I’m glad everyone made it back safe,” said Sgt. Luis Joseph.

“Having the opportunity to be able to sit back and relax with my guys is great since, for most of us, it will be the last time we are all together like this,” he added.

“It gives them a chance to let loose and hang out as a battalion, outside the work atmosphere,” said Jenny Sullivan, special events coordinator for the garrison.

“It’s events like this that help improve Soldier morale, helping reintegrate them back into the community and with their families,” she said.

## Ansbach community makes a difference through replanting

Story and photo by  
RONALD H. TOLAND JR.  
*USAG Ansbach Public Affairs*

Make a Difference Day is the most encompassing national day of helping others – a celebration of neighbors helping neighbors.

Created by USA Weekend Magazine, MADD is an annual event which takes place every October, and everyone can participate.

And that is just what happened when a handful of Ansbach community members came out early on a cold Saturday morning to participate in MADD.

With garrison leadership projects improving our neighborhoods and common areas, community members planted new seasonal flowers, exchanging summer plants for winter ones in planters located around the community, as well as beautifying the areas around the Army Community Service, chapel, dining facility and 12th Combat Aviation Brigade Headquarters.

Ansbach Garrison Commander Col. Christopher Hickey thanked the group for coming out and helping, and said he hoped the improvements will survive the coming winter months.

But MADD is not just about planting and vegetation.

“Make A Difference Day is a great idea especially on a military post — it’s all about giving back and taking ownership in the pride that we all should have for our Army community and home,” said Michele Schuh, co-coordinator for this year’s event.

Schuh mentioned the changes the Army has undergone in the last 20 years.

“It is important for community members to understand the needs of today’s Army are not those of what we may remember in ‘An Officer and A Gentleman,’ where the landscape was picture perfect. We were not at war then when resources were more available for such things,” she said.

She added that although the mission is to provide for the troops — equipment, proper maintenance, adequate housing and proper medical care, community members do not have to remain idle.

“If we can help lend a hand in any way, like planting flowers, weeding or raking an area, it goes a long way to ensure the Army can provide the necessities it requires for its Soldiers,” she said.

Not only is MADD a clean up initiative,

having visual impacts on the community, the results are integrated by generating garrison business, saving the garrison money and taking ownership.

“When we drive from installation to installation, we can tell quickly which of them

has great community pride and those who just allow it to waste away,” said Schuh.

“I want to drive around the garrison and see the beauty each community member has put into it and celebrate the difference they have made,” she said.



Estus Smith, retired veteran representing Ansbach community retirees, helps exchange summer plants for winter ones in planters located throughout the community for Make a Difference Day, Oct. 31.



# Victims of domestic abuse have options

The second article in a three-part series to raise awareness about domestic violence

Story and photo by  
**NATHAN VAN SCHAIK**  
*USAG Schweinfurt Public Affairs*

“My mommy survived domestic violence,” reads one T-shirt. “You battered my body, but you can’t hurt my soul,” reads another. T-shirts adorned with similar messages hang from the corridors of the Commons on Ledward Barracks, all sobering reminders that domestic violence exists within the Army community.

In 2007, more than 15,000 cases of spousal abuse were reported to the Family Advocacy Program (FAP), and nearly 14,000 cases of child abuse were reported, according to recent statistics compiled by the Department of Defense.

Domestic violence is control through physical, sexual, emotional or verbal abuse by one partner over another in a dating, marital or live-in relationship, according to pamphlets provided by Capt. Diana Colon, a behavioral health clinician and chief of Social Work Service at the Schweinfurt Health Clinic.

A period of both pending excitement and anxiety in the Schweinfurt community, reintegration may also be a time when military families are at a greater risk of domestic violence, according to Dorian Rinehart, the FAP supervisor for the Schweinfurt Health Clinic.

While Department of Defense data show



**T-shirts on display at The Commons draws awareness to domestic violence. In October, Army Community Service hosted a T-shirt design at the Yellow Ribbon Room in observance of Domestic Abuse Prevention Month.**

declining rates of both child and spousal abuse for active duty military members between 1998 and 2007, research conducted at the University of North Carolina suggests members of the military community are at a higher risk of physical spouse abuse or severe domestic violence than their civilian counterparts.

“If you’re a victim of abuse, you have

options,” said Lorri Picha, USAG Schweinfurt FAP manager. “The best thing to do is talk to a victim advocate who can direct them in the process. The Victim Advocacy Program supports victims of domestic violence by providing all available resources to victims.

The aim of FAP is not to ruin careers or punish abusers, Picha stressed.

Victims of domestic abuse have two reporting options: restricted or unrestricted reporting. Restricted reporting allows a victim to report an incident without starting a law enforcement investigation or having the victim’s or alleged offender’s commander notified. Victims who wish to file a restricted report should contact a victim advocate or a health care provider.

Unrestricted reporting will initiate an official investigation of an incident which can affect an abuser’s career. Victims who would like to choose this route should contact the service member’s command, the FAP, or the military police.

In both reporting options, the victim will have access to victim advocacy and FAP services.

“It’s everyone’s responsibility to get involved,” said Picha.

“Talk to them, find out what is going on and seek help,” Colon said. “Army One Source is probably the least scary way,” she said, because victims can talk with a counselor anonymously.

Military Family Life Consultants are also a great source to confide in others, according to Colon. MFLC is an Army program designed to provide anonymous, confidential support to Soldiers and their family members, especially those returning from deployments.

*Editor’s Note: Part three of the series will discuss how abusers control their victims and provide information on the transitional compensation program. For more information, check the Schweinfurt section in the Nov. 25 edition of the Bavarian News.*

# Schweinfurt Recreation Center best in Europe

Story and photo by  
**NATHAN VAN SCHAIK**  
*USAG Schweinfurt Public Affairs*

U.S. Army Garrison Schweinfurt’s Finney Recreation Center on Conn Barracks is the winner of IMCOM-Europe’s Outstanding Recreation Program. The recreation center is just one of the three USAG Schweinfurt Family and Morale, Welfare and Recreation (FMWR) facilities to win the award. Ledward Library and the Auto Skills Center also received top prizes.

“I’m very proud of these honors that the facilities have won ensuring the services of our Soldiers,” Mike Duday said, director of USAG Schweinfurt Directorate FMWR.

For Finney Recreation Center staff members and facility managers, the award comes with the territory. In the past three years, the center was recognized as the best recreation center in the Army; the Better Opportunities for Single Soldiers (BOSS) program won best BOSS program two years in a row; and USAG Schweinfurt recreation specialist Silvia Joiner received the top Department of the Army award for excellence.

“We offer a great product and a totally renovated facility,” said Joiner, who is also advisor to the BOSS program. “Plus, we have fantastic staff and the programs we offer are something everyone likes.” The award for Outstanding Recreation Program, which

honors Army in Europe recreation centers on a range of categories, recognizes achievements in community programming, significant improvements, customer-guided programming, effective use of facility, training, and publicity and promotion, according to Jim Mattingly, an IMCOM-Europe FMWR representative.

Finney Recreation Center received the top honor from a pool of the large garrisons in Europe.

Selection for the award was based on packages submitted by Army Europe recreation centers. Members from the Recreation Branch of IMCOM-Europe FMWR chose the winner.

“I like the atmosphere and environment,” said Sgt. Jessie DeBorja of Forward Support Company, 15th Engineer Battalion. “You can check your mail, gather your thoughts or catch a quick nap.”

Finney Recreation center offers free Internet services, 25 computers with Web cams, gaming computers, pool tables, DVD check-out services and special events to include trips, tournaments and BOSS meet-and-greet forums specifically catered for reintegrating Soldiers.

The Recreation Center and its facilities are open to all valid ID cardholders, but children under the age of 18 must be supervised, said Joiner. The next meet-and-greet is scheduled for Nov. 19. BOSS is hosting a Texas Hold’Em Tournament, Nov. 14, and a free PreThanksgiving Dinner, Nov. 25. All events are held at the Finney Recreation Center.



**Finney Recreation Assistant Raymond St. Pierre (left), checks out a computer for Pvt. Jose Rodriguez of 902nd Company, 15th Engineers Battalion. The Finney Recreation Center recently won the IMCOM-Europe Outstanding Recreation Program award.**

# New guitar instructor rocks SKIES

Story and photo by  
**EMILY ATHENS**  
*USAG Schweinfurt Public Affairs*

The School of Knowledge, Inspiration, Exploration and Skills, or SKIES, welcomes a new guitar instructor, local musician Dieter Pache.

SKIES, an Armywide program that began in 2004, provides countless programs for children and youth ages four weeks to 18 years of age, explained Peter Potter, Schweinfurt SKIES director.

“The SKIES program helps youth learn new skills and explore and discover new talents. It helps them develop, build relationships and gain independence and control over their own life,” Potter said.

Guitar instruction is specifically available for youth ages 8 to 18 by appointment only at the Abrams Entertainment Center for \$40 per month for one class a week.

Pache, who has been playing the guitar for 20 years, maintains his experience by playing in a band and instructing local youth. By becoming involved in the SKIES program, he hopes to extend his talents to the youth of the Schweinfurt military community.

“Music is a kind of art. Children will feel proud of themselves because they will be able to do something that not everyone can do,” Pache said.

Pache said he can teach from the early novice stages up into the highly experienced levels and is available Monday through Friday. For more information or to make an appointment, call 09721-96-6460 or 09721-96-6414.



**Dieter Pache, new SKIES guitar instructor, now offers classes by appointment only for youth ages 8 to 18. For more information or to make an appointment, call 09721-96-6460 or 09721-96-6414.**

# Freecycle Center offers support to thrift-minded Soldiers, family members

by **NATHAN VAN SCHAIK**  
*USAG Schweinfurt Public Affairs*

The new Freecycle center offers a wide range of preowned merchandise and serviceable appliances for free.

Located in Building 231 on Ledward Barracks, across from the Ledward Consolidated Mail Room, the center is open every Monday and Thursday from 9 a.m. to 1 p.m.

The Freecycle Center, a project two years in the making, finally came to fruition Oct. 15, according to Brad Posey, Separate or Recycle Trash, known as SORT, Program manager and Freecycle Center organizer.

“I wanted to help to be more efficient in recycling,” Posey said. When people dispose of items at any of the three garrison recycling centers, SORT employees identify what is serviceable and transport them to the center for customers to take, according to Posey.

The Freecycle Center also accepts

donations directly.

The benefit of this innovative program is twofold, according to Posey. First, items retrieved save on garrison disposal costs.

Second, and more importantly, Soldiers and family members save money on otherwise expensive items. In the first two days of operation, customers estimated they had saved \$5,980, according to Posey.

“I think it’s awesome,” said Shawn Woodall, Family Readiness Group leader for the 902nd Engineer Company, 15th Engineer Battalion. “It’s a great opportunity for Soldiers to share things more with each other. It’s a great saving.”

The Freecycle Center is open to all service members, DoD civilians and family members of those individuals.

A valid ID is required.

Registration to use the facility, available on site, ensures sponsors are limited to five free items per month.



# Community mourns fallen Soldier



Photo by Johannes Herpich

by MARK HEETER  
*USAG Schweinfurt Public Affairs*

Recalling the time he captured a spider at his house and presented it to his friend, Pfc. John Cash, for identification, Spc. Lamon Williams said Cash matter-of-factly informed him he was holding a wolf spider – and a male, at that.

“How did he know it was a male?” Williams wondered.

“Cash educated me,” said Williams, who grew up in the city. “That’s how he got the name ‘Big Country.’”

A memorial ceremony was held at the Ledward Chapel, Oct. 27, to honor Cash, a member of Company D, 9th Engineer Battalion, who died in his home in Schweinfurt, Oct. 19.

“John was a jovial member of the team with a slight smile that made me think he knew much more about the world than he let on,” said Capt. James Startzell, commander, Co. C, 9th Eng. Bn., in remarks relayed at the ceremony by Maj. Carrington Stoffels,

**The Schweinfurt community mourned the loss of Pfc. John Cash, Company D, 9th Engineer Battalion, at a memorial ceremony at the Ledward Chapel, Oct. 27.**

commander of the battalion rear detachment.

While back in Schweinfurt in July, Startzell spoke with Cash, who told his former commander that he was doing better, having been sidelined from the deployment due to injuries.

“He also told me he wanted to heal up and deploy,” Startzell said.

“He hated the injury because it kept him away from the team,” said Lt. Col. Eric Stetson, Task Force Shield commander. Stetson described Cash as a “person who seeks to serve others.”

“Despite the fact he was on crutches, he was always motivated,” said Spc. John McDonald, a friend whose remarks were presented in Schweinfurt by Pfc. Richard Anderson. “He had a great sense of humor. If you ever asked for help, he never hesitated.”

Each comrade shared one common memory of Cash.

“He always had a smile on his face and helped as much as he could,” said Pfc. David Palmer, who said Cash could not wait to get home to his wife when they were at work.

“That’s what I’ll miss most: Cash’s smile,” Williams said in remarks relayed here by 1st Sgt. George Spaulding, Co D, 9th Eng. Bn.

Cash is survived by his wife Jenny, and his parents Jimmy and Debbie Cash.

## Briefings prep 1-91st families

EMILY ATHENS  
*USAG Schweinfurt Public Affairs*

Soldiers and family members of 1st Squadron, 91st Cavalry Regiment (Airborne) continue with preparations for the upcoming deployment, having recently completed the family predeployment preparation phase at the Conn Community Club, Oct. 23 and 24.

The FDP is a way organizations and Army leadership inform family members of the numerous agencies in the Schweinfurt community to build readiness and confidence through the duration of a deployment.

“While your spouse is away, the United States Army Garrison Schweinfurt is behind you 100 percent,” Garrison Commander Lt. Col. Everett Spain said to family members.

Spain also addressed Soldiers, assuring them that while they’re absent, the entire community will ensure their families are secure, stable and happy in their homes.

Information tables were set up so couples could peruse brochures, ask questions and learn more about services the community offers, including the Education Center; Child, Youth and School Services; Army Community Service; Army Substance and Abuse Program; chaplains and much more.

“We are here to take care of you. We want our Soldiers to focus on the mission knowing you, the families, are in good hands,” said Mike Duday, director of Family and Morale, Welfare and Recreation. “All programs continue to get families out, get them engaged and help them have fun.”

Representatives thanked the Soldiers and family members for their service and sacrifice, and vowed to take care of their every need and get them through the difficult times.

“Together we’ll get through this very tough and trying time. I thank you because all of you are making a difference,” said Chap. (Maj.) Kevin Forrester, family life chaplain.

The 1st Sqdn., 91st Cav. Regt. is part of the 173rd Airborne Brigade Combat Team deploying to Afghanistan.



Cub Scouts Branden Macut, left, and Nathan Matherne grab trash bags prior to cleaning up the Askren Manor housing area, Oct. 24.

## A sweeping success

Story and photo by  
EMILY ATHENS  
*USAG Schweinfurt Public Affairs*

Community members gathered for Operation Clean Sweep, a community service project to clean up the Askren Manor housing area, Oct. 24.

Headed by Army Community Service, in partnership with the Schweinfurt Cub Scout Pack 630, Boy Scout Troop 55, Directorate of Public Works and the Army Substance

Abuse Program, 37 volunteers of all ages showed up to pick up trash in designated areas.

To maintain the grounds, Cub Scout Pack 630 has adopted Askren Manor and will plan to conduct clean-ups once a month, according to Gilbert Allen, Cubmaster.

“The goal of adopting Askren Manor is to teach our Scouts about community service and leadership. Doing this regularly may help the Scouts and other children remember to take care of our home and Earth,” Allen said.

## 44th Signal Bn.’s Allen sets example for Soldiers

Story and photo by  
MARK HEETER  
*USAG Schweinfurt Public Affairs*

He can still see her “clear as day,” like it were yesterday, standing in the third-floor window of the barracks at Fort Hood, Texas.

“I always call her the ‘Woman in the Window,’” said Command Sgt. Maj. Earl Allen, 44th Expeditionary Signal Battalion.

Allen, now with 23 years experience soldiering, was a specialist at that life-altering moment when a sergeant first class summoned him.

“She said, ‘Spc. Allen, come up. I want to talk to you,’” Allen recalled.

“She said, ‘You know, every day I see you and your buddies doing the same thing – drinking, partying, all times of night,’” he said. “And she said, ‘I see more potential in you than that. I’m not telling you don’t hang out with your friends. I’m not telling you don’t have fun.’”

Then she nailed that potential and gave him guidance that he shares with his Soldiers today.

““But I’m telling you,” she said. ““You need to start getting in school,



Command Sgt. Maj. Earl Allen talks to Soldiers just before they deployed from Schweinfurt, Oct. 13.

get an education, enroll yourself in correspondence (courses). And the partying is going to be there.”

Allen might have returned to his group of friends without giving her advice much more thought.

“But this is what I admired about her. The next day she came to my office, she picked me up, and took me

over to the education center and got me enrolled in college,” he said.

Training, development, education, progression are words that command sergeants major – and all noncommissioned officers – must drive into their Soldiers and make them live it, according to Allen and USAG Schweinfurt Command Sgt.

## AFTB provides knowledge, leadership training

by EMILY ATHENS  
*USAG Schweinfurt Public Affairs*

Understanding the unique elements of Army life – from acronyms to deployment readiness – may be essential to supporting the total Army effort; however, mastering every detail of Army living can prove to be a difficult and tedious task.

Therefore, Army Family Team Building, or AFTB, offers courses to Soldiers, family members, and civilian employees to educate and promote healthy and productive Army living.

“AFTB is fun and educational. It’s there to increase your Army knowledge and develop leadership skills,” said Jane White, AFTB program specialist.

White explained three levels of AFTB courses offered in the classroom and online at [www.myarmylifetoo.com](http://www.myarmylifetoo.com).

“We also offer concept blocks for people that don’t have time to sit in the courses. And we can even visit family readiness groups and talk about anything they want ... from finances to deployment information for kids and adults ... anything,” White said.

Overall, the courses cover various topics from the beginning basics of what the Army is to leadership skills, relationship skills, stress management and much more.

“It’s a force multiplier and an FRG enhancer. We present modules that are specific, practical and relevant to the audience,” said David Blakeman, AFTB master trainer.

According to Blakeman, AFTB is also a mechanism for training, where the skills taught are not only applicable to military life, but to other leadership positions as well.

Three new instructors joined the AFTB team in Schweinfurt. These new instructors, Sgt. Vito Bryant, a MEDDAC Soldier; Beatriz Vega, a family member in 1st Squadron 91st Cavalry Regiment (Airborne); and Anthony Pryor, a retired service member and current civilian employee, completed a three-day instructor training course that equipped them with the knowledge, skills and abilities to lead AFTB courses.

“AFTB helps the Army in retention and readiness. It gives the community members more tools in their bags to get out, get involved, and make a difference,” Pryor said. “It also gives them insight into why and how the Army functions as an operational force.”

Whether an up-and-coming leader or simply a family member wanting to learn more, AFTB can prepare individuals for their future in the Army while enhancing their personal development, Blakeman explained.

“Our hopes are that participants will carry on what they learn to other people. We want them to talk the knowledge and give it away ... to learn it, do it and teach it,” Blakeman said.

For more information about the program, or to sign up, call ACS at 09721-96-6933.

**Beatriz Vega, AFTB instructor, practices her presentation skills during the AFTB instructor training course.**



Courtesy photo



# Covenant keeps Army strong

Continued from Page 1

proper resourcing of a host of Soldier and family-based services ... and fences that money so that money is protected from other competing needs," he said.

As Sorenson addressed members of the community, he alluded to the rich diversity in the audience, which he called a "kaleidoscope." Elementary school children clad in bright clothes, Soldiers in ACUs, high school athletes with football jerseys, JROTC students in uniform and members of the Veterans of Foreign Wars speckled the rows of chairs and bleachers in the field house.

In the front row with his family sat Sgt. 1st Class Aaron Beckman, C Company, 7th Army NCO Academy, who recently was named 2009 Noncommissioned Officer of the Year.

"(The Army Family Covenant) has given me the ability to focus on my job," Beckman said as he bounced his 4-year-old daughter Hailey in his lap. "I'm not nervous about moving to a new community because I know they'll have those same services set up."

Next to Beckman and his family were several Soldiers from the Warrior Transition Unit, including Staff Sgt. Larry Quade and Spc. Ian Wade. Both Soldiers are taking college courses full-time.

Quade said he will have finished 50 credit hours toward the core courses for a nursing degree by December. Wade has nearly 35 credits under his belt but is still deciding on a major.

In addition to on-the-job training provided by Family and Morale, Welfare and Recreation, Warrior Transition Unit Soldiers receive unlimited free hourly child car during medical appointments



**Brig. Gen. Steven Salazar, commander, Joint Multinational Training Center (right), and Sgt. 1st Class Aaron Beckman, 7th Army NCO Academy, cut the Army Family Covenant cake with assistance from Beckman's children: Christopher, 7 (center), Hayley, 4 (left), and Jayden, 2 (Beckman's wife, Jasmin is obscured). Beckman was named the U.S. Army's NCO of the Year, Oct. 5.**

care of the Army Family Covenant.

"Everything we do is for our Soldiers and families," said USAG Grafenwoehr Command Sgt. Maj. William Berrios.

Following the official signing of the Covenant,

Salazar and Beckman, with assistance from Beckman's son, Christopher, 7, decisively cut an Army Family Covenant cake, much to the delight of about 50 children who stood ready for their piece.

# 172nd Soldiers receive assistance

Continued from Page 1

property stored during deployment and also for Soldiers who had their vehicles stored. Representatives also ensure Soldiers' ID cards haven't expired and will allow them base access.

A host of personnel from agencies such as the Education Center, Community Bank and Service Credit Union assist Soldiers with information and answer Soldiers' specific questions.

Also, Community Mail Room Representatives are available if Soldiers forgot their mail box numbers or combination. According to Postal Specialist Michelle Jackson, it is easier on personnel and Soldiers to come to one building to process back into the community instead of Soldiers having to bounce back and forth between agencies on post. "This keeps the line down at the CMR ... let alone having to

stand in a line with 20 people to just get their combination," Jackson said.

During medical processing on the second day of reintegration, Soldiers receive a mental health brief as well as flu shots, tuberculosis tests and a visit with a health care provider for a postdeployment health assessment. Any medical issues discovered on day 2 of reintegration are referred to the appropriate health care provider by appointment.

"It is important for Soldiers to get the health care they need as soon as possible after coming home so they are ready and healthy for life back in garrison," Stetson said.

Day 3, or what is known as family day for married Soldiers, consists largely of briefings. For married Soldiers, their spouses are encouraged to attend with their Soldier to undergo interactive training. This training helps couples deal with marital issues that could arise during a

deployment. For couples who identify marital problems, additional training is offered through the Army Substance Abuse Program, Army Community Service, Family Advocacy and Chaplain's Office.

"I feel that the combined reintegration sessions with the spouse are the most important for married Soldiers ... This training provides an open forum for discussing expectations, anxiety and where to go for assistance," Spillman said.

For single Soldiers, day 3 also consists of briefings and training dealing with issues that can develop after a deployment. The same agencies offered to married Soldiers are also offered to single Soldiers with the addition of Better Opportunities for Single Soldiers Program.

For the last three days of reintegration, Soldiers meet with representatives at finance, legal, dental and personal property to update records and make additional appointments.

# US-Soviet standoffs create tension

Continued from Page 6

former Berlin Command. "In the first half of August 1961 there were 36,800 registered (East German) refugees. For the month of December it was a total of 744. Putting the wall up really did make a difference as far as they (the East German government) were concerned."

In Europe, as an immediate reaction to the Berlin Wall, USAREUR sent an augmented battle group from the 18th Infantry Regiment on Aug. 20 to back up the 4,300 Soldiers already stationed in Berlin.

"There had been talk in the U.S. earlier on a possible (military) build-up because of the Bay of Pigs and Khrushchev's threat to Kennedy at the June meeting in Vienna, that the Soviet Union would sign a peace treaty with East Germany," Siemon said.

In August, the Secretary of Defense announced a plan to augment the Army in Europe -- some 3,000 personnel to mechanize the three infantry divisions, 18,000 to bring under-strength units up to standard and about 19,000 in combat support and service support units.

"This strengthening of the command was going on in parallel to the events in Berlin, and not directly as a result of the events in Berlin," Siemon said.

"People were nervous and very concerned," the historian continued.



**Soldiers from the U.S. Army Berlin Command face off against police from the former East Germany during one of several standoffs at Checkpoint Charlie in 1961.**

In August, the East Germans, "with Soviet concurrence," started to harass U.S. and allied personnel as they crossed the boundary between East and West Berlin despite a post-World War II agreement which stipulated free passage between the allied and Soviet sectors of the city, Siemon said. Under the agreement, U.S. personnel did not show IDs or pass documents to the East German police, because the Western Allies only dealt with the Soviets, in accordance with the post-World

War II agreements that divided Berlin into sectors. Occasional harassment of U.S. personnel continued through September.

During October U.S. State Department officials were denied entrance to the East on several occasions. Each time, a U.S. quick reaction force stood up and officials were granted permission. Siemon said these games continued throughout October.

The tank confrontation of Oct. 27 made the front pages of

newspapers around the world. The QRF deployed to the Checkpoint Charlie area for another probe, and armed MPs escorted another private vehicle to the east and the QRF withdrew.

A short time later 10 Soviet tanks rumbled up to the checkpoint's east side.

The U.S. QRF raced back to the site "and that's when the famous confrontation occurred, with both sides staring each other down with the tanks facing each other across the intersection," Siemon said.

These confrontations continued for the rest of 1961 while the East Germans built the wall.

Tensions in Berlin slowly calmed over time as the East Germans completed sealing the borders.

"They built their dam and the flood of important contributing members of their society that they needed for their economic survival had been stopped," Siemon said. "But things remained tense."

The confrontation at Checkpoint Charlie was one of the most combustible flashpoints during the Cold War, he said, a moment when U.S. and allied resolve not to back down showed the German people and our allies that America was going to stand with its partners against the Soviet Union.

"When push came to shove during those confrontations at Checkpoint Charlie, (the Soviets) did back down. It did not come down to a firefight. We did not have a tank battle in the middle of downtown Berlin."

# Vaccines to be delivered in separate batches

Continued from Page 1

"We want to ensure all of our uniformed service members are immunized, but we also want our high-risk beneficiaries to get the vaccine early," Woodring said.

Beneficiaries who will have the option of receiving the Novartis vaccine include people 4 years and older with the following medical conditions: pregnancy; chronic pulmonary, including asthma; cardiovascular, except for hypertension; renal, cognitive, hepatic, neurologic or neuromuscular conditions; metabolic disorders, including diabetes; and immunosuppression disorders, including immunosuppression caused by medications or by human immunodeficiency virus.

"Please don't worry if you don't fall into one of the high risk groups," Woodring said. "That just means you'll be eligible as a beneficiary for the Sanofi-Pasteur shipment of vaccines that are arriving at a later date. We will be given enough H1N1 vaccine for all active duty and beneficiary groups."

The shipments of vaccines from Sanofi-Pasteur are expected to arrive after the Novartis vaccines. Sanofi-Pasteur vaccines are safe for anyone 6 months and older and will be available for non-active duty beneficiaries. Sanofi-Pasteur vaccines will also have target groups.

"Since we are going to have shipments of the Sanofi-Pasteur vaccines arriving at different times, we have to prioritize which groups of people will receive this vaccine first," Woodring said.

The target groups for the Sanofi-Pasteur vaccines include: children between the ages of 6 months and 24 years old and caregivers and families of babies who are less than 6 months old.

"The one thing I want to stress is that both sets of vaccines have been rigorously tested and both are effective at preventing the H1N1 virus," Woodring said. "The only difference is that they were bought with different pots of money."

After the majority of the target groups are immunized, the vaccine will be made available to other non-active duty beneficiaries including: Department of Defense family members; military retirees and their families, DoD civilians, DoD contractors depending on their contract; local national employees working in the military health care system; DoDDS schoolteachers and children attending DoDDS schools; daycare center workers and children attending day care centers on military installations; and nonappropriated fund civilians and Defense Commissary Agency employees.

However, Woodring believes immunizing children against H1N1 should be at the top of every parent's to-do list.

"Kids are the super shedders," Woodring said. "They can spread the virus quickly to others and children as a group have not recovered as well as their older counterparts from this virus."

According to Woodring, BMEDDAC is currently working in conjunction with the DoDDS superintendent to set up vaccination dates at each community's schools. Permission slips for the vaccine will be issued to students through their school before the vaccines arrive.

"We're encouraging parents to read the permission slip which will have important information on the vaccine as well as a specific H1N1 screening form that parents can fill out," Woodring said.

Children between the ages of 6 months up to 10 years old will need two H1N1 vaccine shots about a month apart to be fully protected, said Woodring. Children 10 years and older, as well as adults, will only need one vaccine to be fully protected against this virus.

Woodring also said adults and children who have already had influenza-like symptoms or a confirmed case of H1N1 this year should still get the vaccine when it becomes available.

"The H1N1 injectable vaccines are specifically made to combat the H1N1 virus. The seasonal flu vaccine does not protect you against this new H1N1 virus," Woodring said. "Likewise, the 2009 H1N1 vaccine is not intended to replace the seasonal flu vaccine -- it is intended to be used alongside the seasonal flu vaccine."

Finally, Woodring stressed practicing good hygiene habits such as: frequently washing your hands with soap and water or hand sanitizer throughout the day and sneezing or coughing into a tissue or your sleeve rather than your hand.

For more information, visit the Centers for Disease Control and Prevention Web site at [www.cdc.gov](http://www.cdc.gov) and continue to check for updates at your local health clinic at <https://ermc.amedd.army.mil/Bavaria/index.cfm>.